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DECEMBER
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Smyth County
Extension
Homemakers



WELCOME

TO

IRYE

VALLEY



GOD'S SEASONS

Don't say: "I hate the Winter"
Because God made it so I
He gave us crumbs to feed the birds
And eyes to see the snow.
He gave us coal within the mines,
And wool upon the sheep
To keep us warm whene'er we work
And also when we sleep.

Don't say: "I hate the Springtime"
Because God made it so I
He gave His earth to plant our seeds
And rain to make them grow.
The early flowers start to bloom,
Birds mate and build their nests;
The children are hilarious
Because they passed their tests.

Don't say "I hate the Summer"
Because God made it so I
He even darkened summer nights
So His fireflies could glow.
'Tis the season for vacations
And maybe some happy tears;
The time when we meet loved ones
Whom we haven't seen for years.

Don't say "I hate the Autumn"
Because God made it so I
He sent us warnings by Jack Frost
That soon there would be snow.
The Fall and all its splendor
Hides the squirrel in crimson trees;
God provides for all His creatures
And we are numbered among these.

This world and all its Heaven
Our Father and all His love
Knows what is best for each of us
From thermometers above.
"Variety is the spice of life"
Is why God has His reasons
To give His creatures here on earth
The delightful, different seasons.

Douglas



Our Emblem

The emblem is composed of three concentric circles which typify the home, the state, and the nation.

The hearth fire in the center symbolizes the home and expresses the spirit of the finer attributes of the home, such as fellowship, hospitality, comfort, peace, and protection.

The oak leaf symbolizes the strength of the home; the lamp of knowledge, the wisdom with which a home and family must be created; the wheat, productivity and richness of family and community life.

Around these symbols are the words: "Home, Family, Community" with "Cooperative Extension Service" in the outer circle--designing the cooperation of the country, state, and nation in the Extension Program.

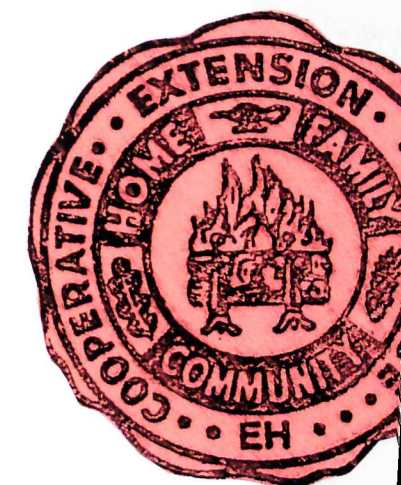
From Handbook
National Home Demonstration
Agents Association

Club Motto

What kind of club would my club be if every member were just like me?

Intention + Action = Achievement

①



**SOUTHWEST DISTRICT
EXTENTION COORDINATORS**

Buchanan County: *Flo Stewart*

Office : P.O. Bpx 1049
Grundy, Virginia 24614-1049
Phone: 935-6583 ext. 027

Washington County: *Linda Childers*

Office: 468 East Main Street
Abingdon, Virginia 24210
Phone: 628-2161

Wythe County: *Kathy Miller*

Office: 275 South Fourth Street
Suite 201 Wytheville, Va
24382-1596

Phone: 686-4606

HOMEMAKER'S CREED

As Homemakers we will strive to:

Have our organizations foster the highest
ideas of home, church, school and public life.

Have our homes reach out in services to
the community and help unite the people.

Have cooperation and progress the leading
forces in our communities.

Study the best ways to do everyday's work that
we may find joy in common tasks well done.

Be kind beyond the standards of charity, avoid
thoughts and words that condemn; be more
thoughtful than love requires; maintain
the highest levels of our heritage.

Homemaker's Prayer

We thank Thee for Thy great understanding love.

As homemakers our responsibilities are many.

We seek Thy guidance as we go about our
tasks in serving our families and communities.

As we share our words and deeds, may
they be acceptable and pleasing to Thee.

EXTENSION HOMEMAKERS CLUB

The Extension Homemakers Club is a community or neighborhood organization with elected officers. Club usually meets once a month. It is the aim to have such a club within the reach of every homemaker. Anyone is eligible for membership regardless of race, creed, color, sex, age, or national origin. The program of Extension Homemaker Clubs officer persons an opportunity to give as well as receive. The club becomes a part of the community. It carries on a continuous educational program and works with other organizations for community betterment under the leadership of the Extension Office.

OUR AIM IS TO MAKE EVERY HOME . . .

Economically Sound, Mechanically Convenient, Physically Healthful, Morally Stimulating, Socially Responsible, Spiritually Inspiring, and Founded upon Mutual Affection and Respect.

VOLUNTEER WORK

Extension Homemakers work in health and charitable drives such as: March of Dimes, Heart Fund, Sickle Cell Anemia, Red Cross, Cancer Crusade, Southwestern State Hospital, Bloodmobile, County Historical Foundation, County Fairs and Festivals, and Animal Welfare.

SMYTH COUNTY EXTENSION CLUBS

Meeting Times and Presidents

Adwolfe Club..... *Dot Hubble, President*
1st Tuesday, 7:00 p.m. 241 Candy Lane
Marion, Va 24354
783-6492

Chilhowie Club..... *Geraldine Crusenberry*
2nd Thursday, 7:00 p.m. P.O. Box 1342,
Chilhowie, Va
496-5029

Cleghorn Club..... *Doris Riley, President*
2nd Thursday, 1:00 p.m. 782 Carlock Creek Rd
Chilhowie, Va
646-3285

Marion Club..... *Ethel Bivens, President*
1st Thursday, 1:30 p.m. 632 Dover St.,
Marion, Va.
782-7979

Rich Valley Club..... *Doris Smith, President*
3rd Tuesday, 12:00 noon 6545 Saltville Highway
Saltville, Va
624-3398

Rye Valley Club..... *Eva Jarvis, President*
2nd Wednesday, 10:00a.m. P.O. Box 3,
Sugar Grove, Va
677-3244

Seven Mile Ford..... *Geraldine Johnson President*
3rd Wednesday, 10:00a.m. 364 Greystove Rd
Marion, Va
646-8496

(7)

Thought of the Month: Plan this years' resolutions with
God in mind

The Lord's Prayer

*Our Father which art in Heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done.
in earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our debts
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil:
for thine is the kingdom and the power,
and the glory for ever. Amen*



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How to lose those holiday pounds

What are your suggestions for getting off these holiday pounds?

The only way to get rid of that holiday bulge is to cut back on the number of calories consumed or to work off extra calories through exercise.

The first thing most of us need to do is get rid of the leftover goodies from the holidays. Do you have a skinny friend you can share with? Remember, be considerate of skinny friends, they may have a health problem that can be aggravated with high fat, high sugar, or high salt foods. Skinny does not always mean healthy.

Can the leftover goodies be frozen? Properly packaged, a chocolate layer cake will be tasty in June. Just make sure that any cakes, cookies, or candies you freeze are appropriate for freezing. For example, a cake frosting or candy made with beaten egg whites will not freeze satisfactorily. Food safety is not an issue with the egg white based products, however during the freezing and thawing process, quality is lost.

Once you are rid of the calorie laden goodies, developing an exercise program is your next step. All individuals, whether you are on a weight reduction diet or not, need to exercise. For a healthy level of activity, experts recommend you accumulate at least 30 minutes of moderate intensity exercise almost every day. To improve cardiovascular fitness, try to include three or more 20 minute sessions a week of

EXTENSION ANSWERS

LINDA CHILDERS

an activity that gets your heart pumping.

Choose a variety of activities you enjoy. Your goal should be to make exercise a life long habit. The program you choose must fit your daily routine without a great deal of effort. If the program you choose is expensive, requires special clothing or equipment, or requires you to travel to a special site to participate, it will be easy to find an excuse not to go.

The bottom line is that in order to lose weight, your body must burn more calories than you consume. To lose one pound you must exercise off 3,500 calories. That may sound like a lot, but if you cut your daily calorie intake by 500 calories, you can lose one pound per week. Or if you exercise off an additional 500 calories, you will lose one pound per week. Better still, if you cut your daily calorie intake by 500 and exercise off 500 calories daily, you will lose two pounds per week.

If you are severely overweight, have health problems, are over 40, or have been inactive for a while, check with your doctor before starting a new exercise program. □

Cutting and using calories

EXTENSION ANSWERS

LINDA CHILDERS

My young, adult son needs to lose weight. How can I help him?

Today I read an article which states that at any given time of the year, 15 to 35 percent of Americans are trying to lose weight. This article further reports that 30 to 50 billion dollars are wasted yearly trying to lose weight. This is in the form of diet clubs, special foods, and over-the-counter remedies. These cures are neither magical nor harmless.

In Extension, we often refer to any successful weight control plan

■ See EXTENSION, Page B6

Calorie cutting

■ EXTENSION, from Page B3

as the DEB method. DEB stands for Diet, Exercise and Behavior Modification.

To begin with, you will not be able to help your son lose weight unless he wants to. Wanting to means more than saying he wants to lose, it means he has set a sensible goal and is working toward that goal. The Food Guide Pyramid is the best guide for setting realistic goals, both for good health and weight maintenance.

Generally, any good nutritious food plan is a good weight loss or weight maintenance plan. If the family is eating a nutritious diet, then your son should be able to eat the same things the rest of the family is eating. However, he should eat less. He should be careful not to add butter, gravy or calorie laden sauces to his food.

If he eats desserts, he can eliminate lots of calories by eliminating desserts. If eliminating desserts is not a satisfactory alternative, then begin by skipping desserts every other meal or having half a serving. Another possibility is to allow one dessert per week and the meal that dessert is served with, cut back on other foods, especially high calorie foods.

He should become familiar with the calorie content of foods that he eats regularly and find ways to cut those calories. For example, going from whole milk to skim milk will save a significant number of calories. In fact, you will save enough calories with every three gallons of milk you drink to lose one pound.

As important as cutting calories is helping your body use more calories. This means more exercise. Even if your son is currently exercising, he is maintaining his weight with that amount of exercise. In order to exercise off more calories, he is going to have to add more exercise. Exercise builds and strengthens muscles.

The third goal in weight reduction is keeping it off. That is behavior modification. It means that the

How long is frozen food safe after a power outage?

How long will food keep after the freezer goes off?

Safety of food is always a concern after a major power outage such as much of southwest Virginia experienced last week. If you were without power, you probably have made a decision about what to do with the food in the freezer. My suggestion is to clip this article and either keep it with the manual for your freezer or tape it to an inside kitchen cabinet door.

The most important step you can take to keep food safe is to keep the door closed until you start to have real concerns about the safety of the food. Then only open it if there are things you can take out and eat. Otherwise, do not open the door until the power is back on. As soon as the power comes on, check the food before it has time to refreeze.

Every time you open the door you shorten the length of time the food will stay frozen. The general guideline is that a full freezer will keep everything frozen for about two days and a half-full freezer will

EXTENSION ANSWERS LINDA CHILDERS

keep food frozen one day. Without power, the refrigerator will keep food cool 4-6 hours depending on the kitchen temperature. Do not open the refrigerator door.

While these are the general guidelines, you need to make some judgments about your own situation. If the freezer has lots of meat and other bulky, solid items and is tightly packed, it will keep things frozen much longer than if you have loosely filled containers such as fruits, vegetables or individually packaged servings. The amount of sugar or salt in a food will make a difference in how long it stays frozen. Foods next to the door will thaw faster than foods packed deeper.

The frozen product should be stored at a lower temperature than is required for freezing. Most foods freeze at temperatures between 25 and 31 degrees but the recommended storage temperature is zero. It will take several hours for foods to warm to the thawing point. The colder the temperature the slower the thawing process.

After the food has thawed you will still have a couple of hours where it will stay at refrigerator temperatures. Food that is above 40 degrees for more than two hours should be discarded.

In a power outage, in addition to making sure you leave the door closed, you might delay thawing by wrapping the freezer with a blanket or other insulating material. Be careful not to cover the air-vent openings as the power may come on unexpectedly and ventilation will be needed.

Another reminder, always keep your freezer full, even if it is with empty milk jugs filled with water. In a winter storm, these will come in handy if the water goes off. □

Carbon monoxide can be very deadly

When should I be concerned about carbon monoxide poisoning?

EXTENSION ANSWERS LINDA CHILDERS

Everyone should always be concerned about carbon monoxide (CO) poisoning. However, this question came as a result of folks trying to stay warm, cook and keep freezers and refrigerators going during the recent snow storm and power outage.

Carbon monoxide is a colorless, odorless gas that can cause death. It is produced whenever fuel is burned. Poisonings can occur when CO collects in enclosed spaces such as homes or vehicles.

Symptoms of exposure to CO resemble the flu or a food borne illness and are often mistaken for these. Larger doses can impair judgment, produce a coma or cause death.

Understandably folks get caught up in the frenzy caused by a power outage such as the once we experienced recently. It is very important to keep safety foremost in our minds.

One reminder is never let a car idle in the garage even if the garage door to the outside is open. If you need to let the car idle, move it to the outside and close the garage door. Fumes build up quickly in the garage and spread to the living area of the house.

Never use a charcoal or gas grill indoors, even if you put it in the fireplace. If you want to cook on the grill during a power outage, you must do it outside.

Do not use any gasoline-powered engine such as a portable generator inside the house, garage or enclosed porch where there is the possibility that carbon monoxide can enter the living space of the house.

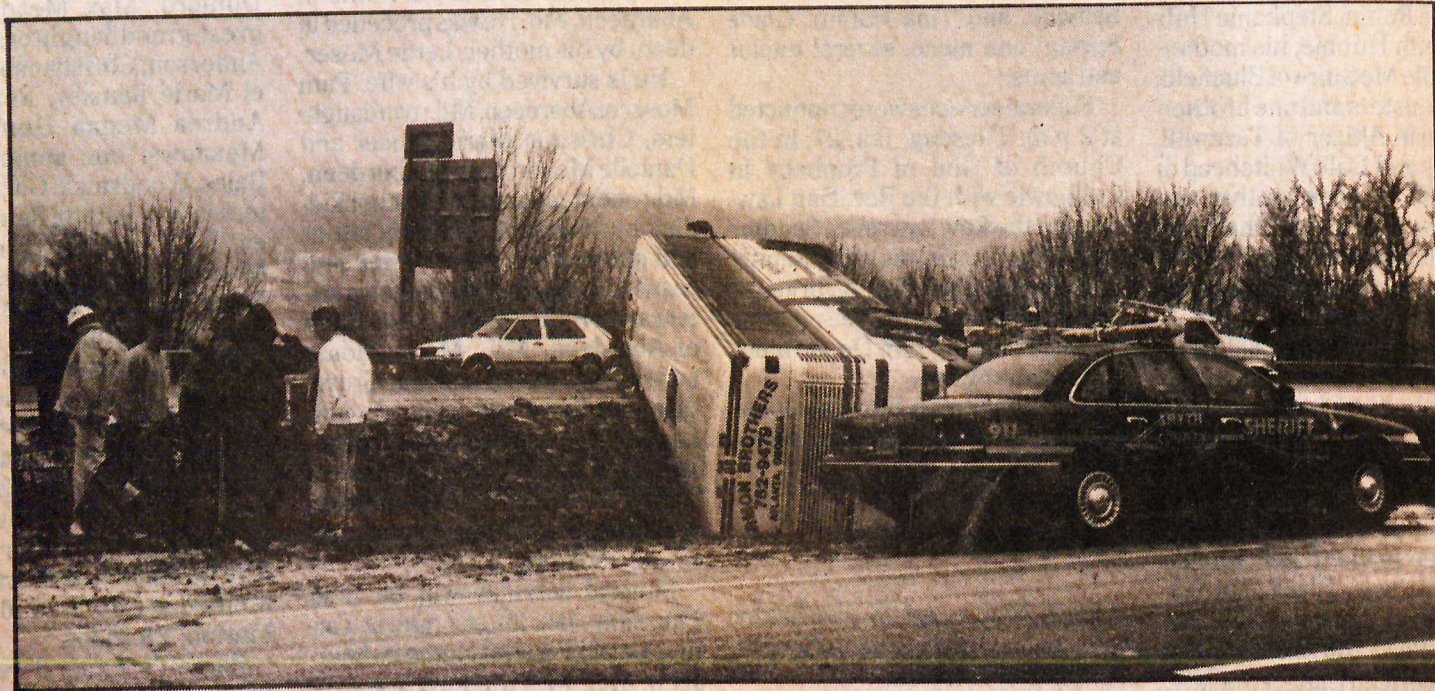
The generator should be placed outside the house and positioned so that CO fumes from the generator exhaust will not drift back into the house.

If you can not avoid using an unvented gas or kerosene space heater, carefully follow the cautions that come with the heater. Use the proper fuel and keep doors to the rest of the house open. Crack a window to ensure enough air for ventilation and proper fuel burning. Never sleep in a room with an unvented gas or kerosene space heater. □

January 28, 1998

MIDWEEK EDITION

Hazardous conditions



Lee Ann Prescott

Hazardous was the only way to describe driving conditions Tuesday as an unpredicted blanket of snow covered area roads. Above, two youth groups from Atlanta were heading home after a skiing trip when one of their chartered buses overturned on I-81. The injured were taken to Smyth County Community Hospital, while school buses were used to take the other students to First Methodist Church for shelter and food. An undetermined number of accidents forced state police to divert traffic onto Highway 11 Tuesday afternoon. At left, VDOT crews were already putting scrapers to pavement before noon near Sugar Grove.



Dan Kegley

Week

Page B3

Wednesday, January 28, 1998



The celebrated mascot of the Museum of the Middle Appalachians.

Woolly Mammoth Day is Jan. 31

The Museum of the Middle Appalachians will celebrate its fifth annual Woolly Mammoth Day on Saturday, Jan. 31, at Saltville Elementary School, 8:30 am-noon. A Mammoth Breakfast will be served from 8:30-10 am. The menu will feature traditional Ice Age delicacies such as Ice Age Eagle Eggs, Ground Sloth Gravy and Biscuits, Paleo-pancakes and more! Tickets are \$10 for adults and \$5 for children. The purchase of a breakfast ticket guarantees eligibility for door prizes. The morning festivities will also include a raffle. Tickets for the breakfast are available from the Friends of the Museum or by calling the museum office at 496-3633.

From 9 am-noon, the Friends of the Museum are sponsoring the Appalachian Showcase — an exhibition by private collectors of natural

and cultural history items from the middle Appalachians. Displays can include, but are not necessarily limited to, such items as fossils, rocks, minerals, Native American artifacts, Civil War artifacts, and other interesting "Appalachian paraphernalia." Exhibitors may still reserve their free display space by calling the museum office at (540) 496-3633. Displays already scheduled include rocks, minerals, fossils, Native American artifacts, animal wood carvings, old photographs, mining tools and animal trapping equipment.

As a special feature of the Showcase, the Museum invites everyone to search their closets for those hard to explain items. Experts will try to identify your mystery objects. Try to stump the experts!

—Museum of the Middle Appalachians

1988

Publication 354-012

HOUSEHOLD INVENTORY--HOW DO I DO IT?

Elaine D. Scott, Ph.D., CFP
Extension Specialist, Family Finance
Department of Housing, Interior Design and Resource Management
College of Human Resources

Could you make a list of everything you own and value without seeing the items? Probably not. But that is exactly what you would have to do should you experience a home fire, burglary, tornado, or hurricane. The police report and the insurance claim will both require an itemized list. Be prepared. Record all of your belongings on inventory sheets as shown on the reverse side of this paper. (Have copies made at your local copy shop or create your own form by using notebook paper and marking off columns.)

Start in one room and then proceed one room at a time through your home, office, car, shop and garage. Record the big items first, then record all of the furnishings. Don't forget the throw pillows, pictures, extension cords, etc. Remember that a fire could destroy everything and items that cost only a dollar or two can add up quickly.

Mark items as you go. With an electric engraver (available at a hardware store) put an identifying mark in an inconspicuous place. You may use either numbers or symbols, any mark that would enable you to identify your belongings from those of others. Remember if your TV is stolen, your TV will look the same as someone else's unless you have some way to positively identify it.

Photograph each room. Back up your written inventory with pictures. You may use an inexpensive camera or rent a video camera. Photograph each wall. Leave the closet doors open. Open drawers

and photograph the contents. China, crystal, silverware, jewelry, artwork and other collectibles should be photographed separately. On the back of the pictures write the date and the description of the items. When video taping, provide this information in a sound narrative. Copies of any property appraisals you have should also be kept with your inventory.

Total the value of all of your possessions when you have completed your inventory. Check your insurance policy to be sure you are adequately insured. Be sure to check for limits on certain types of personal property. Policy protection for jewelry and guns is often quite low; therefore, special policy riders are needed.

Make a copy of your inventory and photos or video tape to keep in a safe place away from your home. If you keep your only copy in your home, this would most likely be destroyed if a fire occurred. Do keep one copy at home so that you can update it as you acquire things.

Don't be discouraged. This will take time to do. Involve the whole family or cooperate with a neighbor or friend. Plan to do one room during each session.

Update annually. When your inventory is complete, plan to update once a year. The week between Christmas and New Year's Day works well for many people.

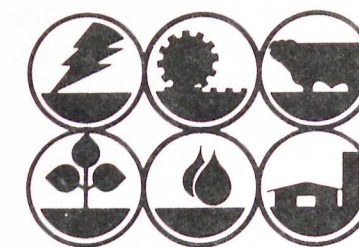


Snow buries region



Dan Kegley

Loss of electrical power gave someone in Currin Valley time to sculpt this unique snowman.



Agricultural Engineering

Virginia Cooperative Extension Service ENERGY MANAGEMENT SERIES

Publication 442-752

Reprinted February 1987

WOOD-BURNING STOVES FOR MODERN HOME HEATING

by

Eldridge R. Collins, Jr.
Extension Specialist, Agricultural Engineering
Virginia Tech

The worsening national energy problem has tempted many Americans to use wood-burning fireplaces or stoves to reduce use of electricity, gas, or oil to heat their homes. For many homeowners, a standard fireplace offers ample opportunity and satisfaction for woodburning. In these cases, charm and aesthetics are more important than cutting fuel costs. Although they provide some heat to the room, fireplaces are notoriously inefficient. Much of the energy content of the burning wood is lost up the chimney and a considerable volume of air heated with other sources is "pumped" out of the house and up the chimney by the largely uncontrollable fireplace draft. Glass firescreens with small draft holes at the bottom are helpful in reducing air loss up the chimney, but radiation from the fire is reduced.

For the person seriously interested in supplementing an existing heating system, or heating a home entirely with wood, a well-designed stove is far more efficient than a fireplace, and will extract more heat from each piece of wood.

How Wood Burns

The old technique of admitting air beneath the fire and letting it flow up under the fuel bed and then directly into the chimney flue was a major cause for much of the low efficiency, and for many of the problems commonly associated with wood burning. Wood burns quite differently from other fuels, and thus it needs specially designed combustion units to provide satisfactory heat.

Combustion of wood is preceded by evaporation of the moisture in the wood.

Since it requires approximately 1,000 BTU's per pound of moisture to do this it is important that the fuel be thoroughly seasoned. Then follows the distillation of volatile matter in the wood, beginning at about 400°F. Finally, after distillation is complete wood is reduced to charcoal at about 1,000°F. At this point, the charcoal itself burns, leaving very little ash residue.

If efficient combustion is to occur, the volatile gases released during the process need to be mixed with air and burned completely inside the heating unit. Combustion of volatiles can account for as much as 60% of the heat energy in a log if the stove is designed to burn these gases. Unfortunately, the unburned volatiles frequently become a dangerous nuisance as will be explained later. Successful burning of volatiles requires oxygen, a long flame path, and a temperature of about 1,100°F. Most old-type wood burning units do not make provision for this, but allow gases to escape up the chimney where their heating value is lost. Better designs are needed before higher efficiency can be obtained. Here's why.

If all of the air for combustion is admitted at the base and under the burning wood (primary air), most of the oxygen reacts in the bed of glowing charcoal to produce carbon monoxide, carbon dioxide, and heat. The heat rising through wood above the charcoal bed promotes release of volatiles, but these cannot burn since most oxygen in the primary air has been depleted in passing through the bed of coals. So, the unburned volatiles pass up the

Virginia Tech and Virginia State

• Virginia's Land-grant Universities

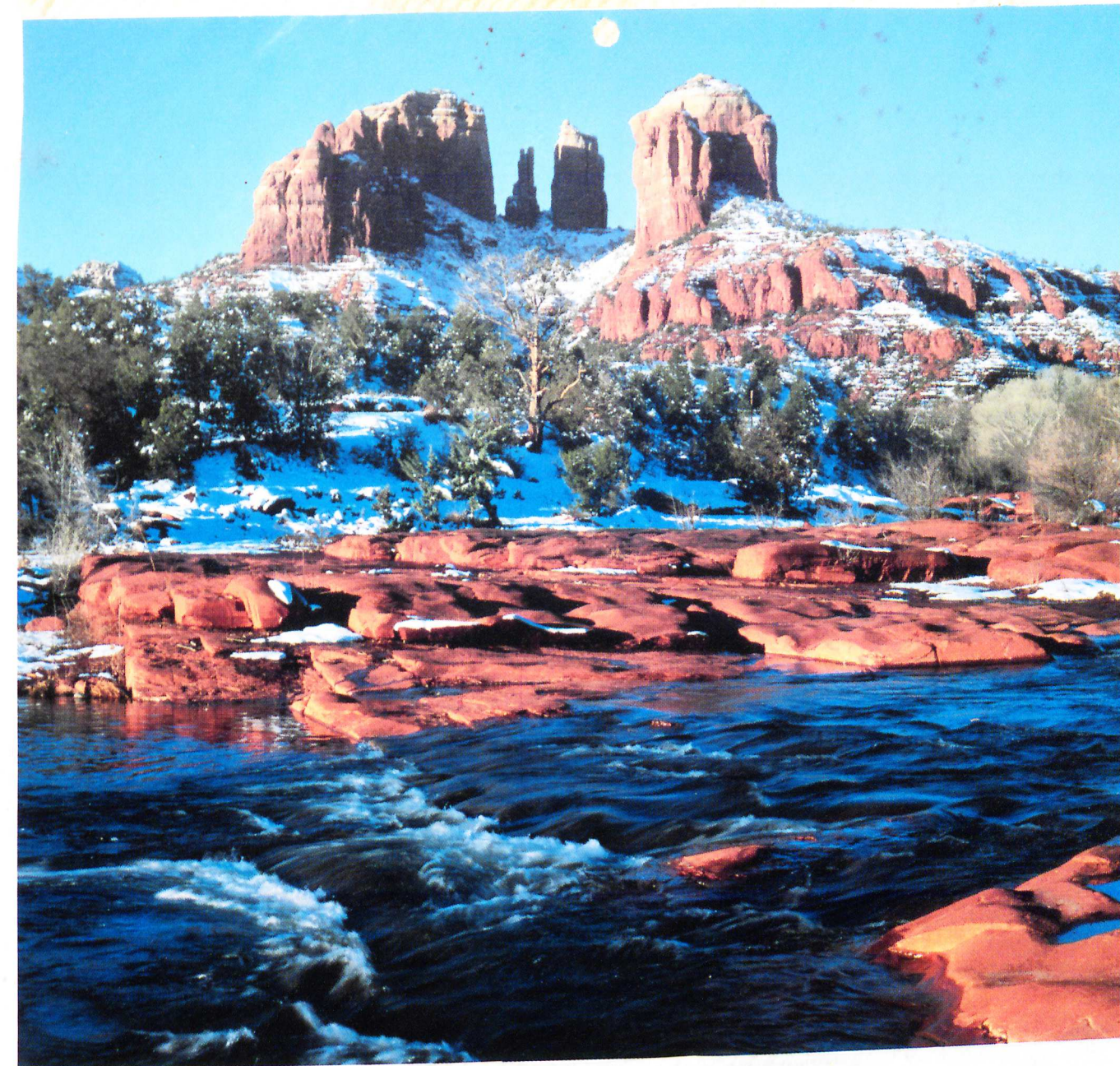
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How we weathered the storm



Back Row L-R
Joy Scott, Eva Jarvis, Helen Long
Front Row L-R
Peggie Jarvis
Gayla Combs

1998
1999



MARCH						
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Sewing machine tips

What should I look for when buying a sewing machine?

Whether it is a sewing machine or any home appliance, give careful consideration to the decision. An inexpensive appliance that does not do the job to your satisfaction is a waste of money. Likewise an appliance that is so fancy you do not use all the features is a waste of money. Shop around and compare options as well as prices.

Decide how much you will use the machine. Is it important you be able to hem your children's jeans on the machine, do you make little girl's dresses with lots of ruffles and embroidery, do you often construct or alter formal wear, do you use the machine for lots of crafts projects? It may be that all the sewing you do is occasional mending.

After you have decided what features you want on the machine, decide how much money you can spend, then start comparing prices.

An important consideration is finding service for the machine when necessary. A machine you can take back to the store is a real convenience.

A dealer with machines set up so you can try them before you buy is important. Also, ask to see the instruction and service manual. Can you understand it?

EXTENSION ANSWERS

LINDA A. CHILDERS

Consider the warranty. If the warranty is for one year and you won't use the machine very much during that first year, you may not realize there is a problem until the warranty has expired. If you buy a machine with a short term warranty, be sure you use the machine enough to identify any problems before the warranty expires.

Make sure the machine is compatible with your skill level. If the machine is so complicated you can not do routine jobs like threading the bobbin, then you will not use the machine. If you need a button hole maker and you cannot make a nice button hole, you will not be happy with the machine.

Basically, as with any appliance, you need to compare cost, compare features, determine your needs, check for a warranty, and make sure you can get service when needed. □

Tips on gearing up for spring cleaning

How do I get rid of clothes moths?

It is easy to tell when folks think winter is about over. I begin to get spring cleaning questions. Based on the number of calls I already have this season concerning fabric pests, I think it is important we all check closets, trunks and boxes where woolen items are stored. This is especially true if you have things which have been stored for a few years without being moved.

Clothes moths or carpet beetles may cause fabric damage. Carpet beetle larvae tend to chew holes through fabric, while clothes moth larvae like to graze along the surface, but they can make holes too. Larvae prefer dark, undisturbed areas and they can attack an amazing array of items.

These pests will attack clothing and household furnishings, including blankets, rugs, draperies, natural bristle brushes, feathers on hats, fur coats, or upholstery fabrics. They may attack mounted animal trophies, felts in seldom used pianos, or a stored lock of hair.

Infested articles should be cleaned according to manufactur-

EXTENSION ANSWERS

LINDA CHILDERS

ers' directions or discarded. Remove all items from the infested closet or container. Be careful not to spread the infestation. Thoroughly brush or vacuum items, giving special attention to seams, pockets, and cuffs. If the affected garment can be washed, it should be laundered using the hottest water safe for the fabric. If non-

■ See **SPRING**, Page B3

Gearing up for spring cleaning

■ **SPRING**, from Page B2

washable, dry clean immediately.

Good housekeeping is the foundation to any fabric pest control program. Thorough and frequent cleaning, taking special care with those hard-to-clean areas is important.

Clean wool clothing, blankets and other items at the end of the winter season and store as air tight as possible. Tightly closed garment bags and plastic containers with tight fitting lids make for good storage.

An infestation usually takes at least a year or two to reach major

proportions, particularly if homeowner does not watch signs of a problem. These insects work and reproduce slowly, so earlier you discover an infestation and the more quickly you react, the more likely you are to prevent serious fabric damage.

If you would like more information on the control of fabric pests, give me a call and I will send you

copy of the brochure "Control of Fabric Pests." □

RECIPE MAKE-OVERS

*Here's how to
make your
favorite recipe
a healthier one!*

Don't give up your favorite recipes just because you're concerned about health. Instead, update them. Many healthy improvements can be made without affecting the basic dish. A simple change in cooking technique or substitution of ingredients combined with some imagination and practice is all it takes.

Fresh fruit and good nutrition

You wouldn't let your youngster eat cookies for breakfast, so why would you send them in the school lunch box.

"Oh sure, every kid enjoys finding a treat at lunch time, but a steady diet of cookies and candy just doesn't make the grade," said Ann Hertzler, Virginia Cooperative Extension foods and nutrition specialist at Virginia Tech. "Why not try fresh fruit as a sweet surprise at lunch time? It's easy to prepare, doesn't have to be refrigerated, and most youngsters need to eat more in order to get the recommended number of servings

per day.

"The nice thing about fresh fruit is that a lot of it comes with its own natural wrapper. All they need is a good washing and they are ready to go in your lunch box. Of course, some fruits, like bananas, need to be handled more gently than others.

As recommended by the U.S. Department of Agriculture in the Food Guide Pyramid, school-age children should eat two to four servings from the Fruit Group every day. One medium apple, banana, or orange counts as one serving. Also half a cup of chopped,

cooked, or canned fruit counts as one serving.

Juice is another good item to put in your lunch bag, and three quarters of a cup of fruit juice

counts as one serving of fruit. Make sure you are getting fruit juice, and not fruit drink. Some fruit drinks contain as little as 10 percent juice and are mostly water and sugar.

So, the next time you pack your youngsters' school lunches, treat them to a fresh fruit surprise, Hertzler said. □

—Virginia Tech Extension Service

Apples are good for Virginia's economy

You'd be surprised how much of Virginia's economic strength depends on apple growing — and on apple sales. Each year, Virginia produces millions of bushels of apples, generating about \$30 million in sales of fresh apples and processed apple products.

Through purchases of fertilizers, equipment, insurance, and transportation services, Virginia apple growers add to the economic vitality of many other state industries. And the dollars that apple growers and their employees put back into local economies grow the financial strength of the entire state.

The fact is, when Virginians sell, promote and buy Virginia apples,

they put money back into their own pockets — something that just doesn't happen when they support apples from someplace else. So put your money on Virginia apples — fresh, terrific tasting and great for the economy.

How big are apples in Virginia?

- Virginia ranks as the 6th largest apple producing state in the nation.

- Apple crops generate \$29.3 million in direct sales for our state's economy.

- The apple industry puts many millions of additional dollars into the economy through direct ex-

penditures on equipment, materials, and services.

- Even Virginia tourism is bolstered by the apple industry, bringing more dollars to the Commonwealth in foodservice, hotel and transportation sales.

- Individuals who earn their living from apple growing are able to contribute to their communities, spending money on their homes, on clothing and in their local food market. □



VIRGINIA
COOPERATIVE
EXTENSION

Families Taking Charge

PUBLICATION 354-104 • 1992

Maintaining Health



When times get tough you can't afford to let your health decline! A sound body and mind are the most important resources you have to help you make hard decisions and seek solutions to difficult problems. The formula for good health is really pretty simple - exercise, eat a healthy diet, and get enough rest and sleep. Let's take these one at a time.



APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

B6 Smyth County News & Messenger • Saturday, March 7, 1998

Extending your savings plan

What is Money 2000?

Money 2000 is a new personal finance program being offered by Virginia Cooperative Extension. Money 2000 is designed to increase the financial well-being of Virginia families and individuals through increased savings and reduced debt. Specifically, participants are being encouraged to increase savings by 2000 dollars or reduce debt by 2000 dollars by the year 2000.

Participants will set their own goal and maintain their own records. The goal can be an increase in savings, a reduction of debt, or a combination of both. Virginia Cooperative Extension's challenge is to set a goal of \$2,000, but participants may choose more or less than this amount. Once an individual goal is determined, it will be registered as a portion of the total amount.

EXTENSION ANSWERS

LINDA CHILDERS

Participants will receive start-up and record keeping materials, quarterly newsletters and other resources in support of Money 2000. Educational workshops will also be offered, however participation is optional.

There is no charge for the program. At no time will there be a required fee to continue in the program.

Submission of personal family data is not requested. The only

time anyone would ever need to share personal information is if anyone asks to participate in a confidential computer analysis of his or her debt with a recommended repayment plan.

The only information Extension needs from you is the figure you establish as your goal and whether you are reducing debt by this amount or increasing savings by this amount. Every six months someone from VCE will contact Money 2000 participants to see how they are doing and offer additional information or assistance if requested by the participant.

For further information or a Money 2000 enrollment form, call the Smyth County Extension Office at 783-5175. Be sure to leave your name, address, and telephone number. □

New legislation means big changes to Individual Retirement Accounts—big benefits for you

IRAs are back...thanks to a new law recently signed by the President! The Taxpayer Relief Act contains the most significant changes to IRAs since 1982. This landmark legislation restores IRA deductibility for many taxpayers and creates two new types of IRAs—the Roth IRA and the Education IRA—which feature *tax-free* withdrawals* for certain distribution reasons. All of the new changes are effective January 1, 1998.

Two new IRAs

The new IRAs created are the Roth IRA and the Education IRA. Both are nondeductible IRAs that offer tax-deferred earnings. Tax-deferred earnings allow you to grow your nest egg at a faster pace than taxable investments. But, the best part about these new investment products is that they offer *tax-free* distributions if you follow certain requirements. That means the money you withdraw is yours alone and doesn't have to be included as income at tax time. No other investment products allow you this type of tax-free benefit.

Here are two examples of how the Roth IRA and Education IRA can work for you

Roth IRA

Stere and Becky, ages 40 and 41 respectively, each establish a Roth IRA and contribute \$2,000 per year over the next 25 years. At 7 percent compounded quarterly, each account grows to \$129,925.38. Because they will be over the age of 59½ at that time, their Roth IRA funds can be withdrawn tax free and penalty free.

Education IRA

*Cathy and Dan are planning ahead for their three-year-old daughter's education expenses. Since their modified adjusted gross income** is less than \$150,000, they are eligible to contribute \$500 per year to an Education IRA for their daughter. If they contribute \$500 over each of the next 15 years, the assets will grow to \$12,745.90 (assuming earnings of 7 percent compounded quarterly). The funds can then be withdrawn tax free and penalty free for their daughter's qualified higher education expenses.*

*Qualified distributions are not subject to federal income taxes but may be subject to state income taxes in some states.

**Modified adjusted gross income is determined by the Internal Revenue Service on Form 1040.

Exciting changes to existing IRAs

Along with creating two new IRA products, the new legislation brought some exciting enhancements to the traditional IRA. One change is an increased ability to deduct IRA contributions. If you don't currently qualify for an IRA deduction on your taxes, the increase in deduction limits over the next ten years may make you eligible.

Another significant change is the "delinking" of spouses for active participation. This means if one spouse is an active participant in an employer-sponsored retirement plan but the other is not, each determines his or her deductibility independently. In other words, more spouses who are not active participants will now be eligible for IRA deductions.

There are also two new penalty-free distributions available to the traditional IRA: education and a first-time home purchase.

IRA

INDIVIDUAL RETIREMENT ACCOUNT

Straight Answers to Your IRA Questions

Setting Spending Priorities



Faced with a reduced income, you'll need to cut back on spending and develop a spending plan to help you pay your bills. If your income will be reduced for more than a month, adjust your spending habits to maintain control of your finances.

Many people try to hide financial problems from themselves or family members. Not facing your problems can be very destructive because the worry and stress caused by financial uncertainty and lack of cash may be worse than the financial problem itself. It's important to look realistically at your situation and actively seek solutions to your problems, despite the discomfort.

Spending Less



When your income is reduced, take immediate action to stop all excess spending. Whether your situation is temporary or extended, you need to get the most for your money.

Studies have found that many families do not adjust their lifestyle

until about six months after their income is reduced. That six months of ignoring the situation can bring disaster. When you take charge of your financial situation you are making a positive contribution to your family's well-being now and in the future.

Deciding Which Bills to Pay First



What do you do if your current income just isn't enough to pay monthly expenses and debts? Putting your bills in a stack and paying them until the money runs out won't work. You have a legal obligation to pay all of your creditors. Not paying bills will affect your credit record and possibly involve court action. Not paying some bills may have greater consequences than not paying other bills.

When your income is reduced, your spending habits must change. The sooner you change, the more likely your financial problems can be lessened.

Talking with Creditors



In an ideal world, income exceeds expenses and your decisions concern investment or savings alternatives. Your goal is to better your family's welfare.

In the real world, where many circumstances can lead to a loss or drop in income, you may be caught unprepared and with a seemingly endless list of bills to be paid. Family welfare is still your goal—this time to protect it in the best way you can.

Loss of income often forces a change in decision-making strategy. Instead of selecting a course of action that will do the most good, you may be temporarily forced to choose a course that will result in the fewest undesirable consequences. It is important not to leave these decisions to chance.



STRAWBERRY GOOD IDEAS



**GOOD IDEAS for
super-easy desserts**

**GOOD IDEAS for
luscious pies**

**GOOD IDEAS for
party spectaculars**



RED, WHITE 'N BLUE PARFAIT

- 1 pint strawberries, sliced**
- 1¼ cups thawed Birds Eye Cool Whip
whipped topping**
- 1½ cups blueberries**

Place ½ cup sliced strawberries in each of 6 parfait glasses. Top each with about 3 tablespoons whipped topping, then ¼ cup blueberries. Garnish with additional whipped topping, if desired. Makes 6 servings.

GOOD IDEAS for luscious pies



*Pick strawberries to make a favorite pie—
with gelatin, yogurt, ice cream, delicious
extras. All are scrumptious and easy.*



LIGHT 'N FRUITY PIE

- 1 package (3 oz.) Jell-O brand strawberry
flavor gelatin***
- ¾ cup boiling water**
- ½ cup cold water**
- Ice cubes**
- 1 container (8 oz.) Birds Eye Cool Whip whipped
topping, thawed**
- 1 cup diced strawberries**
- 1 Keebler graham cracker Ready-Crust brand
pie crust**

**Or use 1 package (4-serving size) sugar free Jell-O brand
strawberry flavor gelatin.*

Dissolve gelatin completely in boiling water, stirring 3 minutes. Combine cold water and ice cubes to make 1¼ cups. Add to gelatin and stir until slightly thickened. If necessary, remove unmelted ice. Using wire whip, blend in whipped topping; then whip until smooth. Fold in strawberries and chill until mixture will mound, about 15 minutes. Spoon into pie crust. Chill 2 hours. Garnish with additional strawberries, if desired.



GLAZED STRAWBERRY-CHEESE PIE

- 1 package (8 oz.) cream cheese, softened**
- ½ cup sugar**
- 1¼ cups thawed Birds Eye Cool Whip
whipped topping**
- 1 Keebler graham cracker Ready-Crust brand
pie crust**
- 1 pint strawberries, halved**
- ⅓ cup melted currant jelly**

Beat cheese with sugar until creamy. Blend in whipped topping. Spoon into crust. Arrange strawberries on filling and brush with jelly. Chill at least 3 hours.



STRAWBERRY 'N ICE CREAM PIE

- ¾ cup crushed strawberries**
- 2 tablespoons sugar (optional)**
- 1 tablespoon lemon juice**
- 1 pint vanilla ice cream, softened**
- 1 container (8 oz.) Birds Eye Cool Whip whipped topping, thawed**
- 1 Keebler chocolate flavored Ready-Crust brand pie crust**

Combine strawberries, sugar and lemon juice in bowl. Spoon in ice cream and blend. Fold in whipped topping, blending well. Freeze, if necessary, until mixture will mound. Spoon into crust and freeze until firm, at least 4 hours. Garnish with additional strawberries, if desired. Store any leftover pie in freezer.



STRAWBERRY-SOUR CREAM PIE

- 2 cups strawberries, crushed**
- 3 tablespoons sugar**
- ½ cup sour cream**
- 1 container (8 oz.) Birds Eye Cool Whip whipped topping, thawed**
- 1 Keebler chocolate flavored Ready-Crust brand pie crust**

Combine strawberries and sugar. Stir in sour cream, then fold in whipped topping. Spoon into crust and chill about 4 hours, or freeze until firm. Garnish with additional strawberries if desired.



FRUIT 'N YOGURT PIE

- 2 containers (8 oz. each) vanilla yogurt**
- 1 container (8 oz.) Birds Eye Cool Whip whipped topping, thawed**
- 2 cups sweetened diced, sliced or finely chopped strawberries**
- 1 Keebler graham cracker Ready-Crust brand pie crust**

Fold yogurt into whipped topping, blending well. Fold in strawberries and spoon into crust. (Or spoon yogurt mixture and strawberries alternately into crust; cut through with spatula to marble.) Freeze until firm, 4 hours or overnight. Remove from freezer 30 minutes before serving and keep chilled in refrigerator.

North Central Regional
Extension Publication No.472



Choosing Foods for Good Health



Choosing healthy foods is easy if you keep this in mind:

- **Eat a variety of foods from each food group every day.**

Your choices for one day from the vegetable group might be a potato, broccoli, and carrots.

- **Eat at least the minimum number of servings from each food group.**

For the fruit group, eat at least 2 servings of fruit each day. You may choose to eat more servings if you need more calories or are very active.

How can you stay healthy?

- Eat a variety of foods.
- Maintain healthy weight.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet with plenty of vegetables, fruits, and grain products.
- Use sugars only in moderation.
- Use salt and sodium only in moderation.
- If you drink alcoholic beverages, do so in moderation.

If you drink alcohol, drink a small amount. For women, this is no more than 1 drink each day. For men, this is no more than 2 drinks each day.

A drink is:

- 12 ounces of regular beer
- 5 ounces of wine
- 1 1/2 ounces of hard liquor - 80 proof (whiskey, brandy, rum, vodka)
- about 12 ounces (one bottle) of wine cooler

♦ **If you are pregnant or are trying to get pregnant, do not drink alcohol. Babies may be born with health problems if mothers drink alcohol during pregnancy.**



Vegetables Recommended for Virginia

Charles R. O'Dell and Diane Relf*

Vegetable Variety	Remarks	Resistant to the Following	Vegetable Variety	Remarks	Resistant to the Following
Asparagus Mary Washington (2-3 years)** Jersey Giant F1 (2-3 years) Jersey Jewel F1 (2-3 years)	will produce for many years	rust fusarium crown and root rot	Cauliflower Candid Charm (65) White Sails (55)	early spring or fall, self blanching (wrapper leaves protect head)	
Beans, Bush Roma II (59) Dwarf Horticultural (65)	"October" shell beans.	mosaic, mildew mosaic	Corn, Sweet Sundance (65) Reward (63) Breeders Choice (68) Silverado (75)	early maturing good husk protection earlier white, good husk protection	birds birds
Gator Green (55)	canning, bush, with pole bean flavor	NY 15 and common mosaic mosaic, mildew	Early Sunglow (64) Argent (86) "Improved Silver Queen" Golden Queen (95)		
Slenderette (55) Kentucky Wonder 125 (60)			Cucumber Dasher II (60)	slicing	anthracnose, leaf spot, mosaic mildew, scab
Beans, Lima Bridgeton (65) Jackson Wonder (65) Fordhook 169 (75)		downy mildew heat and drought downy mildew (races A,B & D)	Everslice (60) Bush Whopper (68) Sweet Slice (65) County Fair (55)	slicing slicing slicing pickling & slicing	same as Dasher II anthracnose, leaf spot, mildew mosaic, downy mildew anthracnose, leaf spot, mosaic, scab, mildews cucumber beetles/bacterial wilt
Beet Ruby Queen (65) Detroit Dark Red (60)			Eggplant Mission Bell (95) Black Knight (110) Black Beauty (120)	oval shape	
Broccoli Packman (60) Big Sur (66) Green Goliath (80)	for early crop for fall crop bears over long period	heat heat	Kale Vates Dwarf Blue (55) Dwarf Siberian (80)	spring or fall overwinter	
Brussels Sprouts Jade Cross (110)			Lettuce Salad Bowl (50) Summer Time (72) Mission (Trail) (80) Dark Green Boston (70)	leaf head, heat tolerant	
Cabbage Gourmet (70) Stonehead (75) Little Rock (96) Guardian (80) Two Season (85)	Chinese cabbage	yellow yellows bacterial spot black rot	Parris Island Cos (75) Buttercrunch (65)	loose heading, heat tolerant Romaine, heat tolerant Bibb-type	
Carrots *Gold King (72) Danvers (72) Imperator (71)	nearly coreless				

*Extension Specialists, Horticulture, Virginia Tech

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Top 10 consumer tips

The Virginia Department of Agriculture and Consumer Services cannot transform you or your financial status. But it can help you avoid scams and schemes that may put a significant kink in your cash flow or bump in your bank account.

Here are the Department's top 10 ways to be a smarter consumer in 1998 and beyond.

10. When questions arise about a consumer issue, call the Department's Consumer Protection Hotline, toll-free in Virginia, at 1-800-552-9963 (in Richmond, 786-2042) to ask an experienced telephone counselor, or access the Department's Web site at <http://www.state.va.us/~vdacs/vdacs.htm>.

9. Hang up immediately if a telemarketer keeps talking after you say "No," or makes you feel uncomfortable or confused.

8. Don't invest in anything you don't understand or cannot verify, especially if the offer comes as an unsolicited phone call.

7. Before agreeing to buy "discounted" magazine subscriptions, "dream" vacations or any other "unbelievable deals" offered over the phone, through the mail or via the Internet, determine the total cost and compare it to the regular price offered by vendors you know and trust.

6. Make sure you really want that new or used car — and can afford it — because once you sign the con-

tract, the car is yours. Contrary to popular belief, there is no law that guarantees you three days to change your mind and return the car.

5. Don't pay for goods or services by sending money via courier or overnight mail. This method of payment is often used by scam artists.

4. Keep your numbers to yourself. Don't give out your bank account, credit card or Social Security numbers unless you made the initial contact and are sure the request is valid.

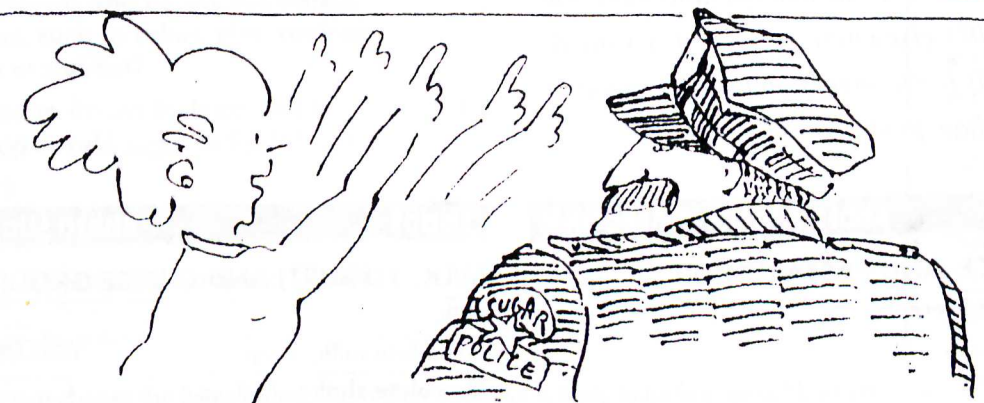
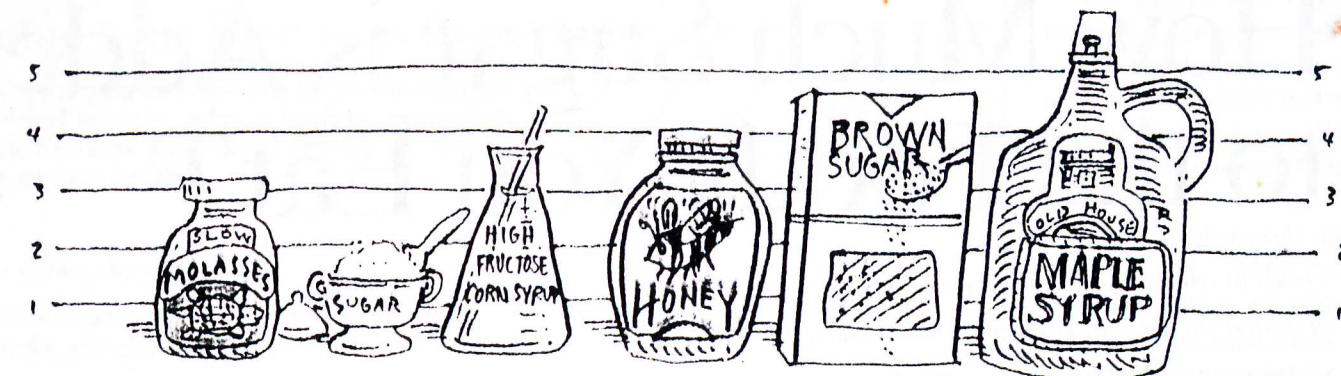
3. Before giving to a charity, call the Virginia Department of Agriculture and Consumer Services' Consumer Protection Hotline at 1-800-552-9963 (in Richmond, 786-2042) to find out if the organization is properly registered and if information is available on how donations are spent.

2. Throw out the next postcard you receive that says you are the guaranteed winner of a prize and then demands money in advance for taxes, handling, etc.

1. The number one tip for smart consumers is, if something sounds too good to be true, it probably is too good to be true, no matter how much you wish it were otherwise.

—Virginia Department of Agriculture and Consumer Services

USE SUGARS ONLY IN MODERATION



Sugars: The Basic Facts

What is sugar?

To most people, "sugar" means white table sugar. In the Dietary Guidelines, "sugars" includes all forms of sweeteners that contain calories. These include white table sugar (cane or beet), brown sugar, raw sugar, syrup, honey, and molasses.

White table sugar, or sucrose, is the most commonly used sugar. Sweeteners made from corn are also used in large amounts in food processing.

Sugars are simple carbohydrates, made of one or two sugar units. Complex carbohydrates, including starch and dietary fiber, are made up of many sugar units. They are discussed in another bulletin in this

set, "Choose a Diet with Plenty of Vegetables, Fruits, and Grain Products."

Where's the sugar?

IT COMES NATURALLY...

Sugars are found naturally in some foods. Most fruits and some vegetables contain sugars such as glucose, fructose, and sucrose. Another sugar, lactose, is found in milk and milk products. Legumes and cereals contain small amounts of maltose. Besides sugars, all of these foods provide needed vitamins, minerals, and protein.

IT'S ADDED TO FOODS...

Why are sugars added to foods? Most people like the

taste! Sugars also serve as preservatives and thickeners. In baked products, sugars contribute to both tenderness and volume. They are added to foods during processing, preparation in the home, or at the table. Sucrose and corn syrups flavor and preserve

foods. But these sugars added to foods provide mainly calories with few vitamins and minerals. Soft drinks and other beverages sweetened with sugars, candies, and sweet bakery products provide most of the added sugars in the American diet.

Getting To Know Sugars

Names of sugars found in foods

SUGAR	DEXTROSE	MALTOSE
Syrup	CORN SWEETENER	SORGHUM SYRUP
SUCROSE	fructose	MANNITOL
Honey	HIGH-FRUCTOSE CORN SYRUP	FRUIT JUICE CONCENTRATE
GLUCOSE	LACTOSE	SORBITOL
MOLASSES		

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MEAL 1	Apple Juice Boiled Egg Toast - 2 slices Jam - 1 tsp per slice Coffee	Orange Juice Cereal - 1 oz. Skim Milk - 1/2c. Coffee	Orange Juice Oatmeal Skim milk - 1/2c. Coffee	Juice *French Toast ① Low Sugar Syrup Coffee	Juice *Biscuits ② *Turkey Bacon ③ Coffee	Juice Cereal - 2oz. Skim Milk - 1/2c. Coffee	Juice *Egg Scrambled ④ English Muffin Coffee
MEAL 2	*Tuna Salad ⑤ Pita Pocket Lettuce + Tomato Non-fat Yogurt Beverage	Salad - veg. 1 tsp. imitation Bacon Bits 1/4c. low-fat cheese 2 T. Low-fat croutons Fat-free dressing Apple	Pasta Salad 4 crackers grapes Beverage	Tomato Soup Cheese Sandwich (2 slices, lite Bread, 1 slice Non-fat cheese) Apple Beverage	Chef's Salad Non-fat Dressing Crackers Orange Beverage	Vegetable Soup Non-fat cheese toast 1 c. Non-fat Yogurt Beverage	English Muffin Pizza 1 c. Non-fat Yogurt Beverage
MEAL 3	Pinto Beans *Corn Bread ⑧ Greens Beverage	Baked Chicken Baked Potato Salad Beverage	*Lasagna ⑨ Salad 1/2 c. fruit Beverage	*Stir-fry ⑩ Rice *English Muffin ⑪ Beverage	*Taco Salad ⑫ 1/2 c. fruit Beverage	Baked or Grilled Hamburger 3/4 lb. Lite Bun Lettuce + Tomato *Oven Fries ⑮ Beverage	*Turkey Breast cooked in crock- pot ⑬ Mashed Potatoes Broccoli (steamed or fresh) Non-fat Pudding
SNACKS	Apple Pretzels	Fat-Free Cookies	Popcorn	*Vegetables ⑥	Angel Food Cake	2 Graham Crackers w/ 2 marshmallows	Non-fat Ice Cream Bars

Fruits ☐ Apples ☐ Bananas ☐ Berries ☐ Citrus ☐ Grapes ☐ Melons ☐ Nuts ☐ Other	Vegetables ☐ Beans ☐ Broccoli ☐ Carrots ☐ Corn ☐ Cucumbers ☐ Eggplant ☐ Garlic ☐ Kale ☐ Lettuce ☐ Mushrooms ☐ Onions ☐ Peas ☐ Potatoes ☐ Spinach ☐ Tomatoes ☐ Zucchini	Bread/Cereal/Pasta ☐ Bread ☐ Cereal ☐ Pasta	Meat/Seafood/Poultry ☐ Beef ☐ Chicken ☐ Fish ☐ Pork ☐ Seafood	Dairy ☐ Cheese ☐ Eggs ☐ Milk ☐ Yogurt	Other ☐ Alcoholic ☐ Non-alcoholic ☐ Snacks
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Is it O.K. to use the attic for storage?

This is one of those questions with an "it depends" answer. It depends on your attic and what you store there.

To begin with, think safety. Can you safely get items in and out of the attic? Never try to carry heavy boxes up a ladder by yourself. There is the potential for falls, bumped heads and hurt backs.

Is there adequate lighting with no exposed light bulbs? You need enough light to find your way around and to locate and identify stored items.

Are the ceilings high enough to prevent bumped heads? Does the attic have a sturdy floor? You do not want a dropped box to go through the attic floor and into the room below.

The attic should be dry enough so that you do not have a mold or mildew problem. At the same time, some items require enough humidity and temperatures cool enough that stored articles do not dry out. Does the attic have adequate ventilation?

If you already have things stored

EXTENSION ANSWERS LINDA CHILDERS

in the attic, take a look at them. What condition are they in? If you do not currently have things stored in the attic, consider how the item would be safely stored in the living area of the house. If you are not sure you have suitable conditions in the attic but want to store an item there, check it after a month. Does

it appear to be in good condition? If yes, then check again every few months to see how the stored item is surviving.

Do not create fire hazards in the attic. Take care not to interfere with the operation of any heating or cooking systems housed in the attic. Do not block any ventilation vents.

Finally, why are you storing a particular item? Is it something you really want or need to keep? Would a better decision be to either give it away, throw it away or sell it?

Attics fill up fast with junk that should never have been kept to begin with. □

The Problem

There's a kind of pollution that's killing Virginia's waters and life within. This pollution comes from everywhere - cropland, city streets, pastureland, suburban lawns - and it's not easy to control. But that doesn't mean it can't be done.

It's called *nonpoint source pollution* because it doesn't come from a single point such as a sewage outfall or industrial discharge pipe. Nonpoint source (NPS) pollution includes excess nutrients, pesticides, sediment, heavy metals and toxic substances that, if not controlled, harm our environment and, potentially, human life itself.

Such pollution causes many problems.

Underwater vegetation is dying, desirable fish species are disappearing, much needed dissolved oxygen is becoming more scarce and harmful algal blooms are now more common.

Where do these pollutants originate? Many studies show that a great deal of this pollution comes from agricultural land. A \$27 million, six year study by the U.S. Environmental Protection Agency revealed that 27 percent of the phosphorus and 60 percent of the nitrogen entering the Chesapeake Bay, for example, originate from cropland. Agriculture isn't the only source of these pollutants but its contributions are great.

That's why this cost-share program focuses on agriculture.

The Program

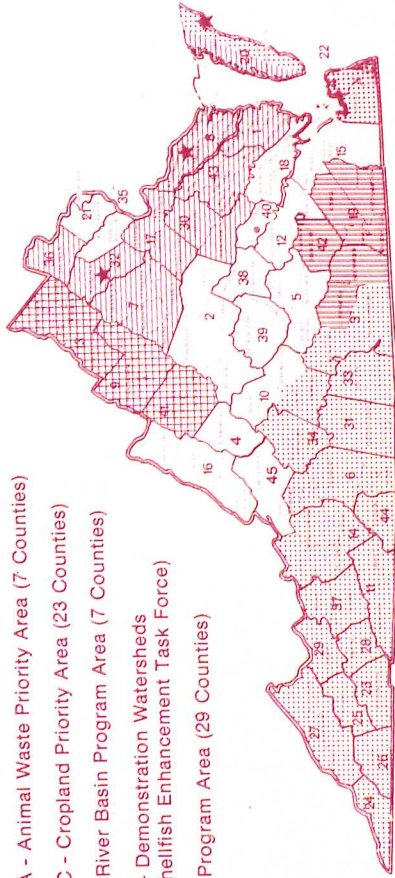
As a farmer or landowner, you know how important it is to care for land and water. If you neglect to manage these resources, your land will become less productive.

Because of a unique cost-share program, there's something you can do about the problems facing our waters. And, best of all, you'll get financial help to do it.

The Virginia Agricultural Best Management Practices (BMPs) Cost Share Program enables you to install conservation practices that protect Virginia's waters and lead to more productive farms. This year's program has been changed so

Virginia Agricultural BMP Cost-Share Program Areas

-  Chesapeake Bay Program Areas (61 Counties)
-  Level I - Non-Priority Bay Program Area (31 Counties)
-  Level II-A - Animal Waste Priority Area (7 Counties)
-  Level II-C - Cropland Priority Area (23 Counties)
-  Chowan River Basin Program Area (7 Counties)
-  Level III - Demonstration Watersheds (and Shellfish Enhancement Task Force)
-  Level IV Program Area (29 Counties)



Soil and Water Conservation Districts (SWCDs)

Level I - Non-Priority Bay Program Area - Colonial (18), Henricopolis (40), James River (12), Monacan (38), Mountain (16), Mountain Castles (45), Natural Bridge (4), Northern Virginia (21), Peanut (15), Peter Francisco (38), Piedmont (9), Prince William (35), Robert E. Lee (10), Thomas Jefferson (2)

Level II-A - Animal Waste Priority Area - Headwaters (41), Lord Fairfax (13), Shenandoah Valley (9)

Level II-C - Cropland Priority Area - Culpeper (7), Eastern Shore (20), Hanover-Caroline (30), John Marshall (32), Loudoun (38), Northern Neck (8), Three Rivers (43), Tidewater (1), Tri-County/City (17)

Chowan River Program Area - Appomattox River (42), J. R. Horsley (19), Southside (3)

Level IV Program Area - Big Walker (37), Blue Ridge (6), Clinch Valley (25), Daniel Boone (24), Evergreen (28), Halifax (33), Holston River (23), Lonesome Pine (27), Natural Tunnel (26), New River (11), Patrick (44), Peaks of Otter (34), Pittsylvania (31), Robert E. Lee (10), Skyline (14), Southside (3), Tazewell (29), Virginia Dare (22)

that more cost-share funds and practices are available than ever before.

Here's how it works. The state distributes money to localities through 45 soil and water conservation districts (SWCDs) based on how agriculture in that locality affects water quality. Once in district hands, local SWCD directors approve prioritization of individual cost-share applications. This way, districts fund applications with the greatest promise of improving water quality.

Program funding varies throughout the state. Because the Chesapeake Bay is particularly threatened by NPS pollution, more funds and manpower are targeted to its drainage basin (*program area*). Conservation efforts are underway, however, throughout the state - just not to the same extent.

So almost all SWCDs in the state cost-share and they'll help pay for the installation of BMPs through incentive payments or percentage-based cost-sharing. Incentive payments are made directly proportionate to what you have done. For example, if you convert three acres under the reforestation BMP, you will receive \$75 per acre or a total of \$225.

Other BMPs are cost-shared. The state pays a certain percentage of the installation costs and so do you. In some cases, the USDA Agricultural Stabilization Conservation Service (ASCS) also pays a percentage. In fact, this program's practices can be funded with ASCS funds (ACP), state funds or a combination thereof - this is a local decision. In the

- more

EXTENSION ANSWERS

LINDA CHILDERS

Canning questions answered

My pressure canner lid is stuck and will not come off. What can I do?

This was my first canning question of the 1998 season. The caller had canned asparagus and thought she was going to lose both her asparagus and her pressure canner. The lid would not come off.

The first consideration is to make sure the steam pressure on the canner has dropped to zero and the canner is cool enough to handle. The canner and lid are designed for a tight fit but it is rare that a pressure canner will become so tightly closed that the lid will not come off with a firm, downward, twisting motion.

If you do have problems, move the canner to a low counter or the floor and try the downward, twisting motion. It may take a second person to hold the canner while one person works to twist the lid off.

If this does not work, try striking the top rim of the canner with a rubber mallet using sharp, glancing blows. After several blows try again to remove the lid with the downward, twisting motion. This worked for the caller with the asparagus.

If you are still not successful, try re-heating the canner just until it is hot to the touch, being careful not to let the pressure build. Try again to remove the lid.

You can try setting the canner in hot water and covering the top with cold cloths or try the reverse which would mean placing the canner in ice water, and covering with hot towels.

Canning

■ CANNING, from Page B2

Once the lid is removed, check the gasket to make sure it is not warped, worn or damaged.

If you think the gasket may have been the problem, then replace the gasket before using the canner again.

Check the locking lugs on the canner to make sure there is not a build-up of grease or mineral deposits from the water. Remove any residue with a cleanser and toothbrush.

If the canner boiled dry during processing, the canner and the lid may be warped and the lid will be impossible to remove.

If this should be the cause for your stuck lid then you will have to

discard the canner and the contents.

If you would like to have your pressure canner dial gauge checked for accuracy, give me a call. I will arrange for you to bring your canner lid by the local extension office

to be checked.

If you have a canner with a weighted gauge, it does not need to be checked. Weighted gauges do not get out of adjustment. □

— Virginia Cooperative Extension

How to get out of a jam when making jelly

My jelly did not gel. Can I remake the jelly?

There are a number of reasons why jellies and jams do not set up. They may have been undercooked, cooked at too low a temperature or contain too little pectin, acid, or sugar. Double batching jelly will also cause it not to gel.

Remaking jelly is not always successful, but there are some recommendations that you can try. If it is a small batch you might want to consider using it as a pancake or ice cream topping, or as a glaze for meats rather than attempt to remake the jelly.

If you decide to remake, review the ingredients and procedures used to see if you can determine

the cause for the failure to gel. Measure the jelly to be re-cooked. Work with no more than four to six cups at a time.

Decide if you will re-make with powdered pectin, liquid pectin, or no added pectin.

If you use powdered pectin, for each four cups of jelly, mix one-fourth cup sugar, one-half cup wa-

ter, two tablespoons bottled lemon juice, and four teaspoons of powdered pectin in a saucepan. Bring to a boil while stirring. Add jelly and bring to a rolling boil over high heat, stirring constantly. Boil hard for one-half minute. Remove from heat, quickly skim foam off jelly, and fill clean jars, leaving one-fourth inch headspace. Adjust new lids and process for five minutes in a boiling water bath.

If you re-make with liquid pectin, measure four cups of jelly, three-fourths cup sugar, two tablespoons bottled lemon juice, and two tablespoons liquid pectin. Put jelly in a saucepan and bring to a boil over high heat while stirring. Remove from heat and add the sugar, lem-

on juice, and pectin. Set back on heat and bring to a full rolling boil, stirring constantly. Boil hard for one minute. Remove from heat, quickly skim off foam, and fill clean jars, leaving one-fourth inch headspace. Adjust new lids and process for five minutes in a boiling water bath.

To re-make without added pectin, for each four cups of jelly, add two tablespoons bottled lemon juice. Heat to boiling and boil for three to four minutes. Test for doneness. Remove from heat, quickly skim off foam, and fill clean jars, leaving one-fourth inch headspace. Adjust new lids and process the jelly for five minutes in a boiling water bath. □

EXTENSION ANSWERS

LINDA CHILDERS

MADE FOR EACH OTHER...

Pudding and your Microwave!



It's the perfect pairing—

your microwave oven and Jell-O® cooked puddings and pie fillings. Together they take the work, time and the heat out of dessert-making, and the results are delicious!

You don't have to spend time over the range, carefully stirring to make sure your pies and puddings will turn out perfectly. Instead, you do it all in the microwave...a little time, a few stirrings, and the results are perfect every time. And it works with both Jell-O regular and sugar free puddings.

Here we show you how to make basic pudding or pie filling, then give more recipes for other desserts you can whip up quickly and serve to your family with pride.

FRUIT 'N PUDDING

Just open a can of fruit, and the making's a snap, for this fruity pudding dessert.

- 1 can (17 oz.) fruit cocktail
- 1 3/4 cups milk
- 1 package (4-serving) Jell-O vanilla flavor pudding and pie filling

- Drain fruit cocktail, measuring 1/3 cup syrup.
- Gradually stir milk into pudding mix in 1 1/2-quart microwave-safe bowl. Add reserved syrup. Cook at HIGH for 3 minutes. Stir well and cook 2 minutes longer. Stir again and cook 1 minute or until mixture comes to a boil.
- Cover hot pudding with plastic wrap. Chill. Fold in reserved fruit and spoon into dessert dishes.
- Makes 6 servings.

BUTTERSCOTCH CRUNCH PUDDING

Flavorful butterscotch pudding with a crunchy topping, easy to put together in your microwave oven.

- 2 cups milk
- 1 package (4-serving) Jell-O butterscotch flavor pudding and pie filling
- 2 tablespoons butter or margarine
- 3 tablespoons Baker's Angel Flake coconut
- 2 tablespoons chopped nuts
- 2 tablespoons firmly packed brown sugar

- Gradually stir milk into pudding mix in 1 1/2-quart microwave-safe bowl. Cook at HIGH 3 minutes. Stir well and cook 2 minutes longer. Stir again and cook 1 minute or until mixture comes to a boil.
- Stir and pour into dessert dishes. Chill.
- Melt butter in microwave-safe pie plate at MEDIUM (50%) for 30 seconds. Mix in coconut, nuts and brown sugar. Cook for 2 minutes. Stir well and cook 2 minutes longer. Stir again and cook 1 minute or until mixture turns light brown.
- Spoon over pudding. Chill.
- Makes 4 servings.

research has shown that consumers find reading and understanding the label to be the most difficult aspect of applying pesticides safely. However, an understanding of the label information is essential for work begins. The label printed on or attached to a container of pesticide tells how to use it correctly and warns of any environmental or health safety measures to take.

What's on a Label?

The **brand name** is used on the front of the label to identify the manufacturer's product. **Type of formulation** identifies the way the pesticide in that container is mixed for application, usually in one of the following forms:

Emulsifiable concentrate: an oil-based liquid which you mix with water, then spray on affected plant

Wettable powder: a powder which you dissolve in water, then spray

Granules: no mixing required, apply dry

Dust: no mixing required, apply dry

Solution: ready-to-use liquid; often in a spray bottle

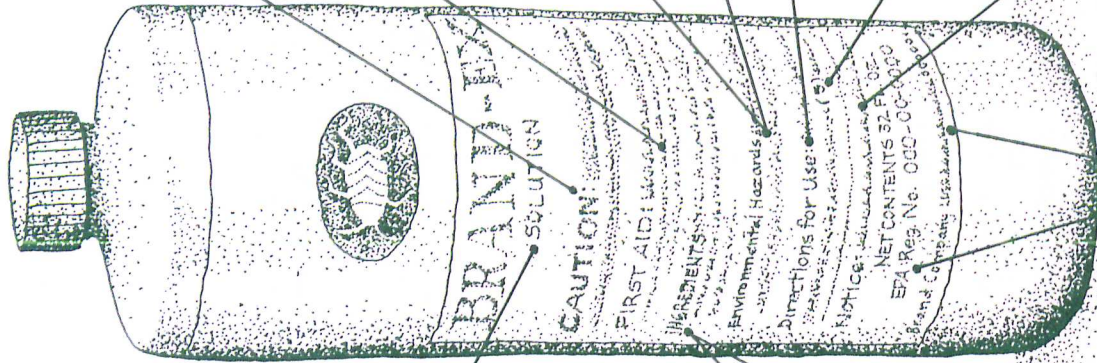
Sol: ready-to-use spray, in a spray can

The **ingredient statement** lists the names and amounts of active ingredients and the amount of inert ingredients. Comparing the cost per unit of active ingredient on different brands and formulations can save money, but don't buy more than you need just to save cost-per-unit; you may end up creating serious disposal problems.

The **active ingredient** in a pesticide has a complex **chemical name** derived from its chemical composition; it may have a common name which makes it easier to identify. One pesticide may be sold under different names, but the same chemical name will be on all of the product labels.

The **contents** indicates the amount in the container.

The law also requires the maker or distributor of a product to print the name and address of the company on the label, along with an **establishment number** telling which factory made the chemical. An **EPA registration number** shows that the product has been approved by the Environmental Protection Agency for the uses listed on the label.



toxic a product is. Signal words to look for are danger along with the word **poison** and the skull and crossbones symbol (highly toxic), **warning** (moderately toxic), and **caution** (slightly toxic).

If the product is harmful to swallow or inhale or can damage eyes or skin, the label contains **emergency first aid measures** and states exposure conditions requiring medical attention.

The pesticide label is the most important information you can take to the physician when someone has been poisoned. Without the label, it may be difficult for the physician to help.

The label tells how to avoid **damage to the environment**. Some examples: "This product is highly toxic to bees exposed to direct treatment or residues on crops." "Do not contaminate water when cleaning equipment or when disposing of wastes." "Do not apply where runoff is likely to occur."

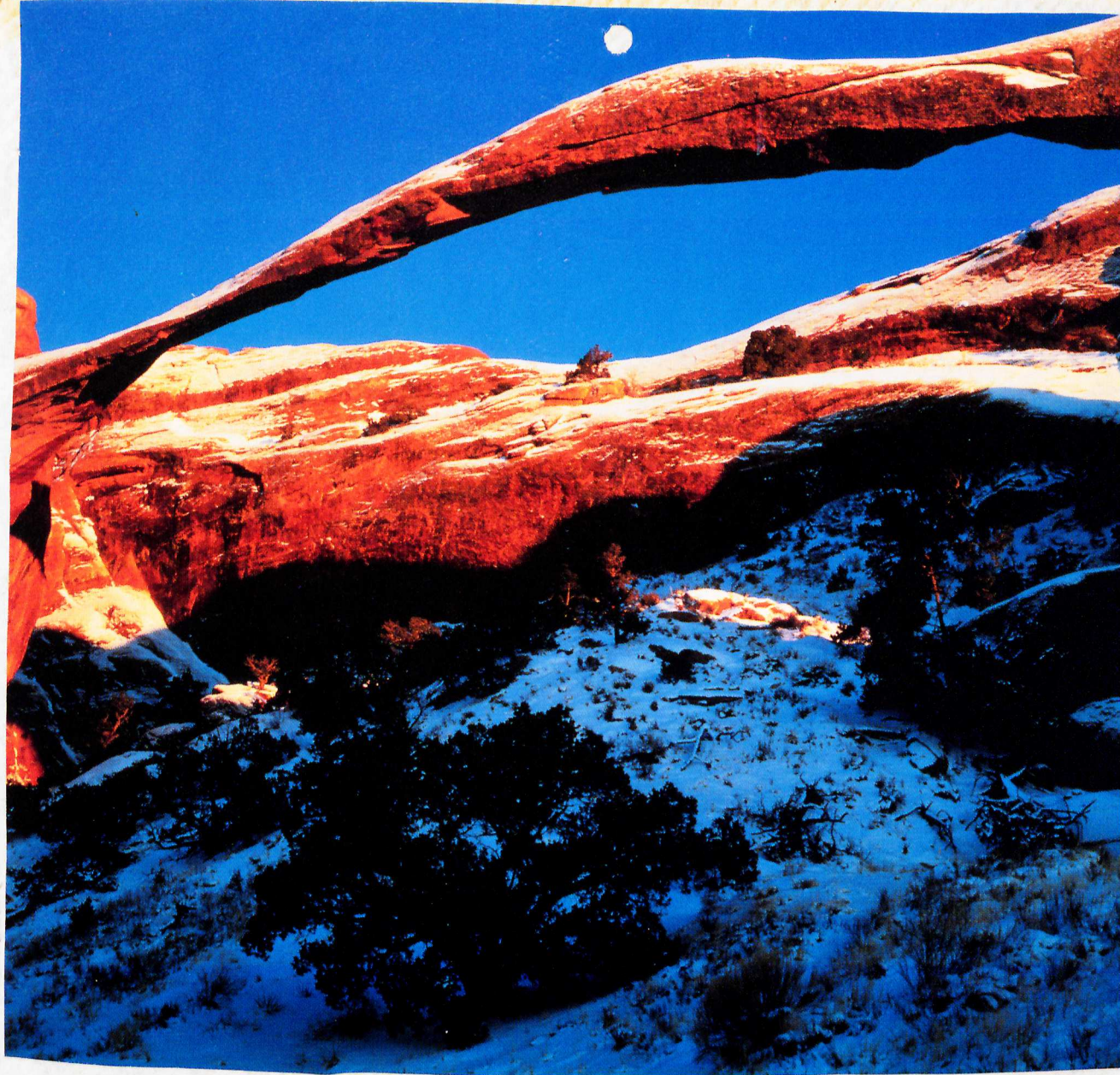
Physical and chemical hazards are listed and include specific fire, explosion, and chemical hazards that the product may have.

The **directions for use** include the pests the product controls; the crops, animals, or other items the product can be used on safely; how the product should be applied; how much to use; and where and when the product should be applied. This is often the most difficult part of the label to follow and, therefore, needs special attention.

Application to harvest specifies the amount of time that must pass from the time of application until it is safe to pick and use a food crop. Expressed as "days to harvest," this is the time required for the residue to drop to safe levels. It is often listed as a number in parentheses following the crop name. A residue cannot be washed off.

The **misuse statement** is a reminder that it is a violation of Federal law to use a product in a manner inconsistent with its labeling.

Storage and disposal directions must be followed for environmental and human safety.



AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
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SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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Is it safe to wash

You may be able to wash the quilt but in doing so you may damage the quilt or shorten its life. On the other hand, if the quilt is badly soiled, not washing it may shorten its life. You need to decide which is more important.

One option is to get the quilt as clean as possible without wet washing. You may decide to air the quilt if your goal is to get rid of a musty odor. If the problem is dust or dry, loose dirt, your best option may be to vacuum the quilt. Dry cleaning is another choice.

It is important to know that wet washing or any of the alternatives to wet washing can be very damaging to heirloom textiles if not done properly. Before handling any old

EXTENSION ANSWERS

LINDA CHILDERS

fabric, whether it is your grandmother's handmade quilt or her christening dress, be sure you know the proper procedures for care and follow directions carefully.

It may be that a musty smell is the problem and simply airing the quilt is your best choice. Air the quilt outdoors, away from direct sunlight and protected from birds and insects. Beating or shaking the

an antique quilt?

textile will weaken the fibers and cause damage. Do not hang the quilt over a clothesline. Doing so will cause severe stress in a limited area.

If you decide to vacuum the quilt, reduce the suction as much as possible and use the smooth edge upholstery tool. Place a fiberglass screen over the textile while vacuuming.

Dry cleaning can be very damaging to textile heirlooms. Dry cleaning machines use friction and agitation to clean, and heat to remove the solvent; this is hard on old textiles.

Before you have an antique heirloom dry cleaned, talk with the dry cleaner to be sure he understands that the item is an antique and you

understand the potential for damage that might be done to the textile.

Wet washing requires special care to determine colorfastness, suitability of detergent, preparing the item for cleaning, pre-soaking, rinsing and drying.

Almost as important as cleaning the quilt is the way you store or display it after cleaning. All steps in cleaning antique textiles are critical.

It is not possible to give detailed directions in this article, but these suggestions should be helpful. If you need more detailed information, give me a call (540-676-6309) and I will talk with you about your specific needs. □

Care tips to keep carpets clean

How often should I vacuum my carpet?

Taking care of carpet and keeping it clean is the secret to carpet that stays beautiful and fresh looking for years. A good vacuum cleaner is essential for the care of your carpet.

How often you should vacuum depends on the traffic on the carpet. Areas receiving little traffic may need vacuuming only once a week to remove dust and lint and help prevent soil buildup. Heavy traffic areas may require daily vacuuming. Carpets where spills are likely to occur, such as in a kitchen, need to be vacuumed as soon as any spills happen.

A vacuum cleaner with a rotating brush is most effective. Check the owner's manual with the machine and the care label on the carpet to make sure you select the correct carpet pile height setting on the

EXTENSION ANSWERS LINDA CHILDERS

cleaner. Check the brushes and belts periodically to ensure they are working properly.

Replacing worn brushes or belts and replacing the bag or emptying the dirt container when recommended will help maintain cleaning effectiveness.

A thorough vacuuming of all carpeted areas may be necessary about once a month for optimum care. Move all furniture and vacuum all areas of the carpet.

It takes seven or eight strokes of a vacuum cleaner daily to thoroughly clean heavy traffic areas. Areas receiving little traffic can be vacu-

umed every five to seven days with three or four strokes for adequate maintenance.

Carpet on stairs needs special attention. Steps with carpet that are used daily and regularly receive a lot of wear.

The upholstery nozzle, a brush attachment or a hand-held vacuum with rotating brush will work best for cleaning and raising the carpet pile. The more suction your vacuum has, the quicker you can remove the soil and raise the carpet pile.

Pet hair on carpet prompted this question. Pet owners need to take special care with their carpet and furniture. Animals have oil in their hair, which causes it to cling when deposited to carpet and upholstery. The longer pet hair remains on the carpet or furniture the more it will penetrate down into the carpet pile or fabric weave and the more difficult it will be to remove. □

Removing stubborn

My son has a stain on a cotton shirt and I do not know what it is. Is there a way to remove it?

Unidentified stains are always a challenge but with a little extra time and precaution it is often possible to remove them. However, getting stains out is always more successful if you find them before you wash and dry the garment.

Because stains are so much easier to deal with before they are washed, be sure to check your clothes before you stuff them into the washing machine. It is a good idea to lay those articles that you know have stains aside, with the item folded so that the stain is visible. That keeps you from picking up the garment and tossing it in

EXTENSION ANSWERS LINDA CHILDERS

the washing machine and dryer without treating.

When treating the stain, the first thing you need to do is check the garment label and be sure to follow the directions on that label.

There are many stain removal agents on the market. You should

always test the product you are using on a hidden part of the garment. This test spot will help you determine the bleachability and colorfastness of the garment.

Before laundering, pre-treat or presoak the stained shirt with a laundry detergent that eliminates both protein and oil-based stains. Your detergent label will give you this information.

A liquid detergent works best. If pre-treating with a powder detergent, make a paste by mixing the product with hot water. When presoaking with powder detergent, add 1/4 cup per gallon of water in a

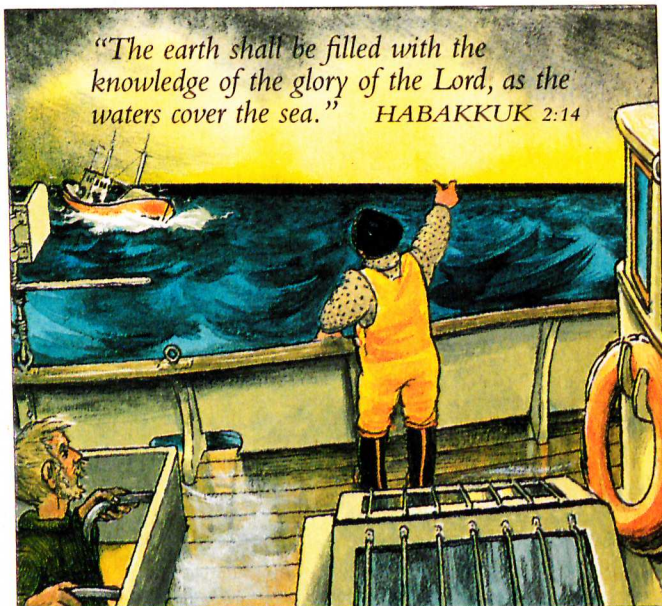
stains from clothing

bucket or sink or 3/4 cup in your washer. Washing and drying without any pretreatment can set some stains.

Air-dry treated and washed items, since some stains are not visible on a wet garment and heat from the dryer may set the stain.

Always keep safety in mind. It is important to follow all safety precautions on stain-removal product labels.

If possible, always tackle a stain immediately! If you wait, you will have a tougher fight on your hands once the stain dries and sets in the fabric. □



OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
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NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
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Autumn Dance

The ballet starts...the lovely trees
Bow to each other in the breeze.
Their branches bend and dip and sway,
Leaves shiver, twist and glide away,

Pirouetting toward the ground,
Whirling, twirling, round and round.
The wind dies down, the trees are stilled—
Their ballerina dance fulfilled.

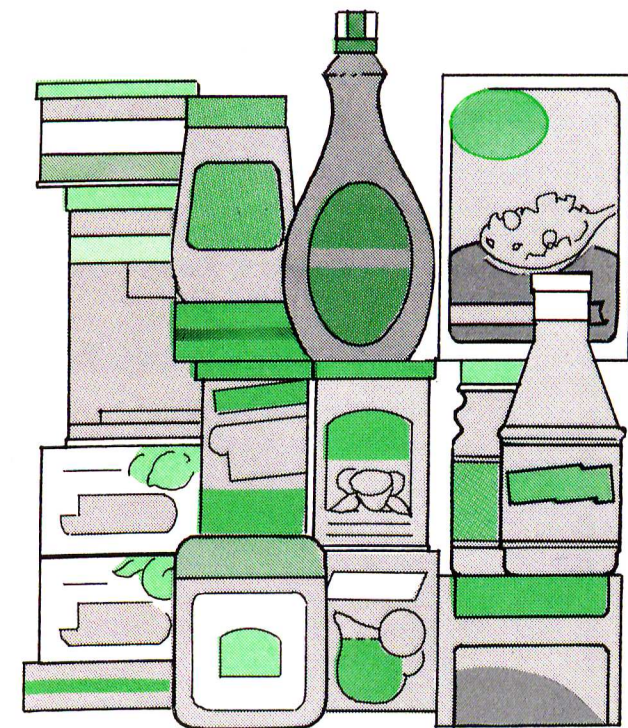
—Betty Lathrop
Grants Pass, Oregon

Test Your Food Safety I.Q.

- | True | False | |
|-----------------------|-----------------------|--|
| ☐ | ☐ | Perishable foods should not be left at room temperature longer than six hours. |
| ☐ | ☐ | It is important to wash counters, cutting boards and utensils after handling raw foods to prevent cross-contamination. |
| ☐ | ☐ | The safest place in the refrigerator to store raw meats, poultry and seafood is on the bottom shelf. |
| ☐ | ☐ | To be safe, it is best to use a thermometer to determine if food has reached the proper internal temperature for thorough cooking. |
| ☐ | ☐ | It is safe to reheat leftovers to 150 degrees Fahrenheit. |
| ☐ | ☐ | The safest place to thaw frozen foods is on the kitchen counter. |
| ☐ | ☐ | It is not important to wash hands after handling raw meat, poultry, seafood, or eggs to prevent cross-contamination. |
| ☐ | ☐ | Bacteria multiply most rapidly at room temperature. |
| ☐ | ☐ | It is important to completely cool leftover food at room temperature before putting it in the refrigerator or freezer. |
| ☐ | ☐ | A finger wound that appears to be infected should be covered with a Band-Aid before handling food. |

PACKAGES THAT PROTECT

Food packages are designed to protect products. Here's how to check that they're doing their job.



This information from General Foods is part of our ongoing efforts to provide safe, wholesome foods and beverages for you and your family.

Organisms That Can Bug You

Disease and Organism That Causes It	Source of Illness	Symptoms
Bacteria		
Botulism Botulinum toxin (produced by <i>Clostridium botulinum</i> bacteria)	Spores of these bacteria are wide-spread. But these bacteria produce toxin only in an anaerobic (oxygenless) environment of little acidity. Found in a considerable variety of canned goods, such as corn, green beans, soups, beets, asparagus, mushrooms, tuna, and liver paté. Also in luncheon meats, ham, sausage, stuffed eggplant, lobster, and smoked and salted fish.	Onset: Generally 4-36 hours after eating. Symptoms: Neurotoxic symptoms, including double vision, inability to swallow, speech difficulty, and progressive paralysis of the respiratory system. Get Medical Help Immediately. Botulism Can Be Fatal.
Campylobacteriosis <i>Campylobacter jejuni</i>	Bacteria on poultry, cattle, and sheep can contaminate meat and milk of these animals. Chief raw food sources: raw poultry, meat, and unpasteurized milk.	Onset: Generally 2-5 days after eating. Symptoms: Diarrhea, abdominal cramping, fever, and sometimes bloody stools. Lasts 7-10 days.
Listeriosis <i>Listeria monocytogenes</i>	Found in soft cheese, unpasteurized milk, imported seafood products, frozen cooked crab meat, cooked shrimp, and cooked surimi (imitation shellfish). The <i>Listeria</i> bacteria resist heat, salt, nitrite, and acidity better than many other micro-organisms. They survive and grow at low temperatures.	Onset: From 7-30 days after eating, but most symptoms have been reported 48-72 hours after consumption of contaminated food. Symptoms: Fever, headache, nausea, and vomiting. Primarily affects pregnant women and their fetuses, newborns, the elderly, people with cancer, and those with impaired immune systems. Can cause fetal and infant death.
Perfringens food poisoning <i>Clostridium perfringens</i>	In most instances, caused by failure to keep food hot. A few organisms are often present after cooking and multiply to toxic levels during cool down and storage of prepared foods. Meats and meat products are the foods most frequently implicated. These organisms grow better than other bacteria between 120-130° F. So gravies and stuffing must be kept above 140° F.	Onset: Generally 8-12 hours after eating. Symptoms: Abdominal pain and diarrhea, and sometimes nausea and vomiting. Symptoms last a day or less and are usually mild. Can be more serious in older or debilitated people.

CRITICAL POINTS IN FOOD SAFETY

Critical Point 1: PURCHASING

- Purchase meat and poultry products last and keep packages of raw meat and poultry separate from other foods, particularly foods that will be eaten without further cooking. Consider using plastic bags to enclose individual packages of raw meat and poultry.
- Make sure meat and poultry products -- whether raw, pre-packaged, or from the deli -- are refrigerated when purchased.
- USDA strongly advises against purchasing fresh, pre-stuffed whole birds.
- Canned goods should be free of dents, cracks or bulging lids.
- Take food straight home to the refrigerator. If travel time will exceed one hour, pack perishable foods in a cooler with ice and keep groceries and cooler in the passenger area of the car during warm weather.

Critical Point 2: HOME STORAGE

- Verify the temperature of your refrigerator and freezer with an appliance thermometer -- refrigerators should run at 40° F or below; freezers at 0° F. Most foodbourne bacteria grow slowly at 40° F, a safe refrigerator temperature. Freezer temperatures of 0° F stop bacterial growth.
- At home, refrigerate or freeze meat and poultry immediately.
- To prevent raw juices from dripping on other foods in the refrigerator, use plastic bags or place meat and poultry on a plate.
- Wash hands with soap and water for 20 seconds before and after handling any raw meat, poultry, or seafood products.
- Store canned goods in a cool, clean dry place. Avoid extreme heat or cold which can be harmful to canned goods.
- Never store any foods directly under a sink and always keep foods off the floor and separate from cleaning supplies.

Via Cooperative Extension - October 1998

Extension Answers

What is campylobacteriosis?

Campylobacteriosis has been a hot topic for the media recently and is an illness that needs to be taken seriously. It is the latest in the foodborne illnesses we identify as an emerging pathogen. Campylobacter jejuni is the bacteria responsible for the disease.

The symptoms of this infection include fever, headache and fatigue which appear from three to five days after ingesting the bacteria. Abdominal pain, diarrhea and sometimes vomiting follow. The disease ordinarily lasts from one to four days. In approximately 20 percent of the reported cases, symptoms recur for several weeks.

Campylobacter jejuni bacteria are widely distributed in nature. It is found in the intestines of sheep, pigs, cattle and poultry. The bacteria are often spread in the slaughtering and processing operations and through cross-contamination in the home. Foods most often implicated are uncooked or insufficiently cooked meat and poultry products, unpasteurized dairy products and foods that have been cross-contaminated.

An important goal is to kill the bacteria with proper cooking temperatures. If you do not have an up-to-date temperature guide for cook-

ing meat, contact us at the extension office and we will send you one.

Preventing cross-contamination of foods is an important issue when waging the war against foodborne illnesses. This means that just as important as killing the bacteria that may be present on meat and poultry is to keep their foods free of bacteria.

One safety practice is to ask to have your meats bagged separately from food that will not receive further cooking. This will avoid cross contamination from liquid that might leak from the meat package. When storing meats in the refrigerator, make sure they are in tightly closed containers or on the bottom shelf of the refrigerator to prevent liquid from dripping on foods below.

And as always thoroughly wash hands between food preparation jobs and thoroughly clean and sanitize cutting boards and stirring utensils that have had contact with raw meat.

It seems we are constantly hearing about a new foodborne illnesses. It is important we all heed the warnings concerning food sanitation.

—Linda Childers, Virginia Cooperative Extension Service

Shelf life of food is long but limited

Since you are not old Mother Hubbard, chances are your cabinets are full of food. Being familiar with the recommended shelf life of various foods helps you be sure that the food you are eating is safe.

"Knowing how to store food properly and how long it will keep means fewer food dollars wasted," said Tim Roberts, Virginia Cooperative Extension food safety specialist at Virginia Tech. "When we store food, we want it to retain all of the nutrients it had when we purchased it."

Non-perishable food items such as cereals, snack foods, and dry-packaged foods, such as rice, retain quality best in dry relatively cool environments. Cabinets over the range, near the dishwasher, or by the refrigerator exhaust may be too warm for food. Warm temperatures may affect the nutritional quality of the food and allow microorganisms to grow causing food spoilage.

While canned foods have a long shelf life, Roberts recommended that you try not to keep canned foods for more than one year. The color, flavor, texture, and nutritive value may have deteriorated in old canned goods. Canned goods should be stored at an optimum temperature of 70 degrees F and no higher than 95 F.

Looking at the condition of the

can is one indicator of how safe the food is inside the can. Discard bulging cans because the food inside may be spoiled. Avoid buying cans with dents on the side seams or around the top and bottom rim seams. If a can is leaky, throw it away. Check for leakage in rusty cans. The rust may have penetrated the can and contaminated the food inside.

Bread stays fresh longer if stored in a cool, dry place. "Refrigeration hastens staling of bread by retarding mold growth," said Roberts. High moisture breads such as English muffins and brown-and-serve breads should be stored in the refrigerator. Hard-crust breads, such as French bread, should be stored at room temperature and used within one or two days of purchase. Freeze fresh bread if you want to store it for a longer time.

Flour should be kept in an airtight container. In hot and humid weather, flour may draw moisture permitting the growth of microor-

ganisms. Whole wheat flour should be kept refrigerated year round because the natural oils in the flour may become rancid quickly if stored at room temperature.

Vegetables such as dry onions, potatoes, rutabagas, and winter squash keep best in cool dark places. Most fruits and vegetables

should be ripened at room temperature and then refrigerated until ready to use.

Cereals, crackers, and snacks should be consumed by the "best if consumed by date" or "use

by date," Roberts suggested. Normally, if ready-to-eat cereal is opened, it can be kept for two to three months provided the package liner is tightly refolded after opening.

Coffee in cans can be stored for one year if unopened and for two weeks if opened. Unopened instant coffee can be stored for six months and for two weeks if opened.

Cornmeal, grits, honey, jellies

■ See **FOOD**, Page A10

An unopened bottle of salad dressing can be stored for 10 to 12 months. Once opened, however, it should be refrigerated and can be kept for three months.

■ **FOOD**, from Page A9

and jams, and unopened molasses all have a shelf life of one year.

Spaghetti, macaroni, and other pastas keep for two years if stored in airtight containers.

An unopened bottle of salad dressing can be stored for 10 to 12 months. Once opened, however, it should be refrigerated and can be kept for three months.

Solid shortenings do not require refrigeration and can be kept for eight months.

Biscuit, brownie, cake, and muffin mixes can be stored for nine months if kept cool and dry.

The shelf life of crackers is three months.

Pudding mixes and soup mixes

both keep for one year.

Unopened catsup and chili sauce can be stored for one year; if opened, one month. Mustard may be stored for two years if unopened and for six to eight months if opened.

Parmesan cheese can be kept for 12 months if unopened and for two months if opened.

Peanut butter can be stored for six to nine months if unopened and for two months if opened. If stored in the refrigerator, peanut butter keeps longer.

For additional information on safe food storage, contact your local vce office. The office is listed in the government offices section of the telephone directory. □

—Virginia Tech Extension Service

Hand washing is first step to making food safer

The single most important thing that everyone can do to make food safer at home, in restaurants, at picnics, at banquets - everywhere - is to wash their hands properly before handling food. Clean hands are equally important for the food preparer, the server, and the diner.

The Virginia Department of Health (VDH) and Virginia Cooperative Extension (VCE) are teaming up to remind Virginians to follow this most important, yet most ignored first step to food safety.

Yes, it is as simple as soap and warm water, according to Tim Roberts, Virginia Cooperative Extension food safety specialist at Virginia Tech.

To be effective, hand washing needs to be done correctly. Just wetting the hands or giving them a quick swipe with some soap is not enough.

Roberts says there are six steps to getting hands clean enough to handle food.

1. Wet hands. Use warm water because it is more effective than cold.

2. Use soap. Work it into a good lather to help lift dirt and germs off the skin.

3. Wash hands and count to 20. During these 20 seconds, rub the lather all over the hands: under the finger nails, between the fingers, and over the palms and backs of the hands up to the wrists. Using a hand brush will make this step even more effective.

4. Rinse completely. Use warm, running water to carry the dirt and germs away from the hands and directly down the drain.

5. Dry hands with a paper towel. Microorganisms can live on a cloth

towel and contaminate the clean hands.

6. Put the paper towel in the trash. Using a paper towel more than once can create the same germ transfer as cloth towels.

"Rewash your hands every time you stop to do something else," says Roberts. This is especially true if you use the bathroom, change a diaper, blow your nose, or touch a pet.

"You also need to rewash your hands after handling raw foods, particularly dairy, poultry, meat, and seafood products," he adds. □

—Virginia Tech Extension Service

Last days of summer



This welcome splash of the color purple belies the shortening days of summer.

Amy Cannon

Low-cost mammograms now available locally

The Wythe/Bland Unit of the American Cancer Society, in collaboration with Every Woman's Life Coalition, has announced that they have recently received over \$3,500 in grant monies from the Mid-Atlantic Division of the American Cancer Society. Screening mammograms as well as preventive educational information will be provided to low-income, underserved and minority women in Southwest Virginia.

This was the largest grant award ever made by the Division, a testimony to the compelling evidence that women in our area are in great

need of these services. Breast cancer is the leading cause of death in women under age 65 in the Mount Rogers Health District and, in 1995, the district had the second highest breast cancer death rate in Virginia. Less than 25 percent of women in Southwest Virginia have had a mammogram, according to the American Cancer Society.

Appointments will be taken for Feb. 3 at the Marion Baptist Church. For more information or to schedule an appointment call the Smyth County Health Department at (540) 783-8188. □



22nd ANNUAL FOREST FANTASY

Saturday, October 31, 1998

9:00 a.m. – 1:00 p.m.

***First United Methodist Church
Marion, VA***

**Christmas
Gifts**

Baked Goods

Crafts

Homemade Items

**Holiday
Goodies**



Contact Officials

President Bill Clinton, president 1600 Pennsylvania Ave. N.W. Washington, DC 20500 456-1414 email: president@whitehouse.gov or: www.whitehouse.gov	Vice-President Albert Gore Jr., Vice President Old Executive Office Bldg. 17th St. and Pennsylvania Ave. Washington, DC 20501 456-2326 email: vice-president@whitehouse.gov or: www.whitehouse.gov	US Senator Charles S. Robb SR-493 Russell Senate Office Bldg. Washington, DC 20510 telephone: 202/224-4024 or: 202/224-8689 email: senator@robb.senate.gov
US Senator John W. Warner SR-225 Russell Senate Office Bldg. Washington, DC 20510 Telephone: 202/224-2023 email: senator@warner.senate.gov	Representative Frederick C. Boucher 2329 Rayburn Office Bldg. Washington, DC 20515-3861 email: ninthnet@hr.house.gov	Governor James S. Gilmore, III Governor of Virginia Office of the Governor State Capitol, 3rd Floor Richmond, Virginia 23219 Office: (804)786-2211
State Senator Senator Madison E. Marye 39th District P.O. Box 37 Shawsville, VA 24162-0037 Capitol Address: General Assembly Bldg. 910 Capitol St., Room 432 Richmond, VA 23219 (804) 698-7539	State Delegate Delegate John H. Tate, Jr. 5th District P.O. Box 26 Marion, VA 24354 (540) 783-7238 Session Address: Room 509 General Assembly Bldg. P.O. Box 406 Richmond, VA 23218 (804) 698-1005	Supervisor, Smyth County William D. McClellan Chairman Rt. 3, Box 371-A Marion, VA 24354 783-5585
Supervisor Daniel S. Blevins 111 Spottswood Dr. Marion, VA 24354 783-5314	Supervisor William H. H. Blevins P.O. Drawer G Chilhowie, VA 24319 646-5434	Supervisor David R. Boehm Rt. 5, Box 196 Marion, VA 24354 783-5894
Supervisor Fred B. Frye Rt. 1, Box 51 Saltville, VA 24370 496-4497	Supervisor Fred W. Kilby Rt. 1, Box 247 Marion, VA 24354 783-6204	Supervisor Michael D. Roberts P.O. Box 452 Saltville, VA 24370 496-5622

Making Compost from Yard Waste

What Is Compost?

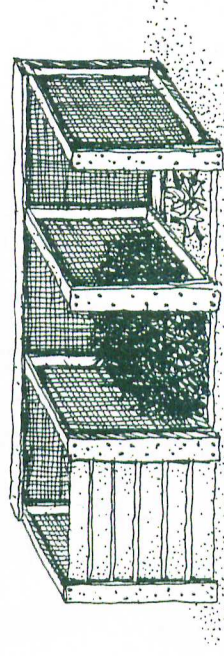
Compost is one of the most valuable resources for beautifying your landscape, and it is virtually free. The leaves you rake, the grass you mow, and the branches you trim are some of the ingredients you can use to make compost. Finished compost is dark and has a pleasant smell. It is produced when organic matter, such as garden, lawn, and kitchen waste, is broken down by bacteria and fungi.

Use it throughout your landscape — till it into gardens and flower beds, add it to the soil when renovating your lawn, or sieve it and use it in potting soil.

The Compost Bin

A compost pile can be as plain or fancy as you want — you don't even need a bin to make compost. But if you plan to produce compost regularly, consider a permanent compost bin. For convenience and aesthetics, you can choose from numerous commercial composters or construct your own from wooden planks, concrete blocks, used freight pallets, hardware cloth, or chicken-wire.

Before purchasing a commercial composter, determine if it will work effectively in your landscape. It should be well built, economical according to your needs, easy to assemble, and have easy access for turning the compost. It should also be large enough to handle all the leaves in your yard.



Some gardeners build separate bins for each stage of the compost process — one for fresh plant refuse, another for the actively composting pile, and a third for the finished compost. When building your own bin, keep one side open for easy access. Also, leave spaces between blocks or planks for aeration — air is essential

The size of the compost pile determines how effective it will be; piles smaller than 27 cubic feet (3×3×3) do not hold sufficient heat for the composting to be effective, and piles larger than 125 cubic feet (5×5×5) do not allow sufficient oxygen to reach the center. Be sure your compost pile is a manageable size.

Keys to Good Composting

- The carbon/nitrogen ratio: A mixture of dry leaves, sawdust, or other sources of carbon combined with manure, green plants, or fertilizer for nitrogen (approximately 4:1 by volume).
- The presence of microorganisms: A few shovels full of rich garden soil or compost will supply these.
- The moisture level: The pile should have the moisture of a well-squeezed sponge. Add water as needed.
- The oxygen level: A compost pile should be turned periodically to promote decay of its contents. Turning the pile adds oxygen, so the more you turn it, the faster it breaks down. (Turning heavy, rotting leaves and grass is vigorous exercise!)
- The particle size: The finer the particle size, the more surface there is for microorganisms to work. Shredding leaves and larger materials generates compost faster.

Making Compost

Locate your compost pile on a well-drained site which would benefit from nutrients running off the pile. Your pile can be built gradually in layers and then turned to mix. Or if you have sufficient material, it can be mixed and blended at one time.

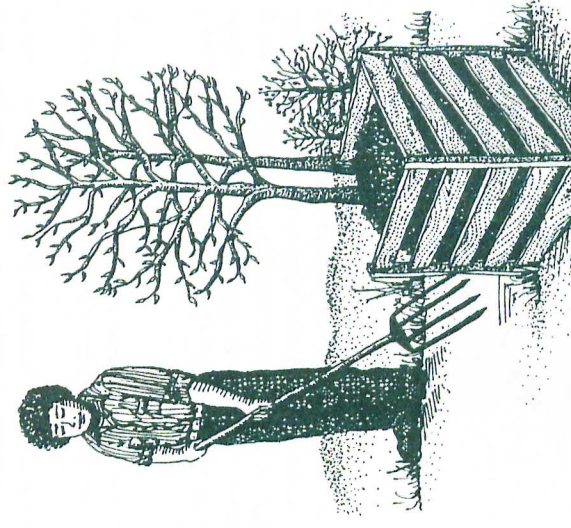
- To ensure good aeration and drainage, put down a 3-inch layer of coarse plant material, such as small twigs or chopped corn stalks, or a wooden pallet.
- Next, add about 8 to 10 inches of leaves or other dry organic wastes from your landscape and/or kitchen.
- Provide nitrogen for compost-promoting microorganisms by adding 2 to 3 inches of fresh grass

are unavailable, add about one-third cup synthetic fertilizer (36-0-0) per 25 square feet of surface area.

- If no soil is included in your compost material, add a sprinkling of soil or a compost starter to each layer to inoculate the pile with microorganisms.
- Moisten the pile as you add leaves and other dry material.

Mix the materials thoroughly. Shape the pile so its center is lower than its sides, to help water flow into the pile. Keep the pile moist, but not soaking wet. Within a few days, it should heat up. If not, it may lack nitrogen or moisture. If the pile emits an ammonia smell, it is too wet or too tightly packed for oxygen circulation; turn the heap and add coarse material to increase air space. Once a month, turn the pile with a pitch fork, putting the outside materials on the inside and vice versa.

The plant materials should decompose into compost within five months in warm weather, longer under cool or dry conditions. The center of the pile should reach 160°F. to kill most weed seed, insects and eggs, and disease organisms. Composting may be completed in one or two months if the materials are shredded, kept moist, and turned several times to provide good aeration. Spread it in the garden and dig or till it under to offer your soil and plants renewed vigor.



Storing onions for the winter

How do I store onions for winter use?

Gardeners have varying degrees of success trying to store onions for winter use. If you have adequate storage and plan to grow your own onions for winter use, the first step is to harvest the onions at the right stage of maturity. When about half of the tops have broken over naturally, the onions are ready to be pulled. When the tops have wilted, cut them off 1 to 1 1/2 inches above the bulb.

Cure by placing in an open crate or mesh bag. This process takes from two to four weeks depending on humidity. Clean dirt and the outer loose dry skins that come off easily when handled.

The cleaned onion should be placed in a container that allows for air circulation. A mesh bag is a good option. Another good way to hang the onions is to drop them one at a time in a nylon stocking.

EXTENSION
ANSWERS
LINDA CHILDERS

After dropping each onion in, tie a knot above the onion and then add another onion above the knot until you have filled the stocking. When you are ready to use the onions, cut below the knot and remove the onion.

An ideal storage spot is dry with air temperatures of 35 to 50 degrees. If roots reappear, the conditions are too moist, and if sprouts appear the temperature is too high. Either will cause rotting and deterioration of bulbs.

Another option, if you only have a few onions is to freeze them.

Choose mature onions and clean them as for eating. Blanch for three to seven minutes or until the center is heated. The blanching time will vary according to the size of the onion. After blanching, cool, drain and pack into freezer containers. Seal, label and freeze. Frozen onions are not suitable for eating raw. If you only have a couple of onions and choose to chop before freezing, do not blanch. Again, these onions will not be suitable for eating raw. When freezing raw, cut onions be especially careful that they are packaged airtight.

A note of interest about the onion. As we all have experienced, onions release a powerful vapor when cut that affects the nerves in the nose and eyes. Holding the onions until running water while peeling or putting them in the freezer for 1/2 hour before chopping may help you avoid the tears while cutting. □



DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Thanks for helping
Santa's Elves!

The following have joined Santa's Elves to give Smyth County children a happier Christmas...

- First United Methodist Church Youth Group
- Van & Karen Clappitt & Family
- Girl Scout Troop #361
- Marion Fire Department Support Group
- Chilhowie Thursday Bridge Club
- Diane Silver for Cindy Powers
- Thomas Hartsock
- Rye Valley Homemaker's Club
- Dean & Lorraine Robinson
- Georgia L. Martin
- Deer Valley Baptist Church Women's Missionary Union
- Atkins Ruritan Club
- Algie & Patsy Crouse
- UMW Davis Memorial United Methodist Church
- Tivis Smith
- Charles & Linda Keen
- Alpha Scott
- Joe & Judith Francis
- Rich Valley Extension Homemaker's Club
- Marion Civitan Club, Inc.
- Everett & Mariloys Sutphin
- Morris & Doris Buchanan
- Gary & Bonita Frazier
- Matt & Sherry Blevins
- Harris Enterprises, Inc.
- Shirley N. Snider
- Mr. & Mrs. Clayton Pearcey
- William B. Robbins, Inc.
- James & Betty Wilson
- Roger & Dixie Seymour
- Mark & Kathy Hietala
- St. James WECLA
- James & Eva Shupe
- Gary & Athlyn Roark
- Johnny & Cheryl Wilson
- Southwest Virginia Motorcycle Association
- Joyce Elliott
- Roberta Hayton
- Marvin & Carroll Gullion



**To join Santa's
 Elves as a
 Sponsor call
 783-8148**



SANTA'S ELVES
121 BAGLEY CIRCLE, SUITE 200
MARION, VA 24354

Dear Friend,

Just a note to say thank you for your support of the Santa's Elves Program. We hope to be able to share the joy of Christmas and make some dreams come true for those who have been referred to the program this year. Your gift will certainly help to make this goal possible.

Thank you for your generosity. We wish you and yours a very Merry Christmas and a Happy New Year!

Santa and the Elves



family answer book words to live by

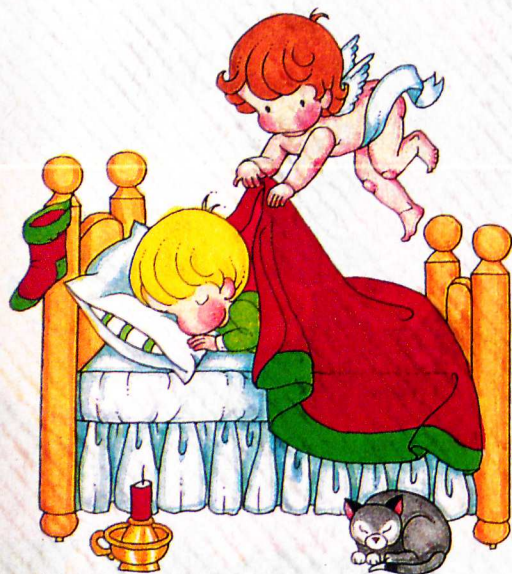
little angels

By Joan Walsh Anglund



**The merry bustle
in the street,
The sleigh bells
in the air,
The happy laughter
as friends meet,
It's Christmas
everywhere!**

**Like snow upon
the pine boughs,
the joy of Christmas
gently falls upon us,
bringing Peace
to every heart.**



**The snow hills
are glistening
beneath a bright
moon,
and every child's
sleeping
'cause Santa
comes soon!**

**Christmas begins
in the heart.**



**Surprises in
our basket
for children
one and all.
It's always a
merry holiday
when Kindness
comes to call.**

**At every hearth
let there be Peace
at Christmas.
In every heart
let there be Love.**



Text and illustrations from Little Angels' Book of Christmas, by Joan Walsh Anglund. © 1997 by Joan Walsh Anglund. Reprinted by permission of Little Simon, an imprint of Simon & Schuster, a division of Simon & Schuster Publishing Division Inc.

Food safety tips for the holidays

Parties, meals, and presents are just the start of reasons people associate food with the festive season. Because good food makes the holidays, food safety precautions are necessary to keep everyone safe and happy.

"Certain steps should be taken to assure food safety around the holidays," says Susan Sumner, food safety specialist with Virginia Cooperative Extension at Virginia Tech.

The main thing Sumner says, is keep food at the proper temperature.

Be sure you have space to safely refrigerate large amounts of food if you are preparing food for an event with a lot of guests. It is not safe to put food outdoors or in a garage just because the temperature seems cool. The temperature does not stay constant nor does it stay at the appropriate level and there is also the chance of contamination from an outside source.

Use shallow containers to store food in the refrigerator. A rule of

thumb, according to Sumner, is to "use containers no more than 2-inches deep." Any deeper than that and it is difficult for the food in the center to cool fast enough to avoid the growth of micro-organisms.

Microorganisms that can cause illness can be transferred from one place to another. To avoid such cross contamination when preparing food always wash your hands and utensils when changing from one dish to another. Do not go from fixing chicken to vegetables without cleaning all the surfaces such as cutting boards, she said.

Sumner summarized some of the other hazard points for a traditional holiday dinner.

Follow proper thawing instructions for frozen items. Food should be thawed by leaving it in the refrigerator until it is thawed. Do not leave food on a kitchen counter to thaw. Because many families cook a turkey only once or twice a year, they forget how long it takes to thaw one. A turkey takes 24 hours for every five pounds — that is

three days for a 15-pound bird.

Follow recommendations about cooking dressing inside of the turkey. Many food safety specialists recommend that the dressing and the turkey be prepared separately.

Follow the rules when you serve buffet style, Sumner says. Do not leave food at room temperature for more than two hours, including preparation time. The danger point is between 40 F and 140 F. The key is to keep food either above or below that range of temperature.

Be careful if you are planning to make items that use raw eggs. Salmonella is a micro-organism that can be found in eggs and can cause illness. People making homemade egg nog need to be cautious.

The main way to assure food safety around the holiday season is to plan. Planning is the key, from thawing to storage. Use common sense and follow all precautions, and the holidays should be filled with lots of food and no problems.

—Virginia Tech Extension Service

Keeping up with credit

How can I find out what is in my credit report?

If you simply want a copy of your report, call one of the credit reporting agencies. The three major national credit bureaus and their toll free numbers are Equifax (800) 685-1111, Experian (800) 682-7654, and Trans Union (800) 916-8800.

Your credit report contains information about where you work and live and how you pay your bills. It also may show whether you have been sued or arrested or have filed for bankruptcy. Consumer reporting agencies compile and sell your

EXTENSION ANSWERS

LINDA CHILDERS

credit report to businesses. Because businesses use this information to evaluate your applications
■ See **CREDIT**, Page B3

Keeping up with credit

■ **CREDIT**, from Page B2

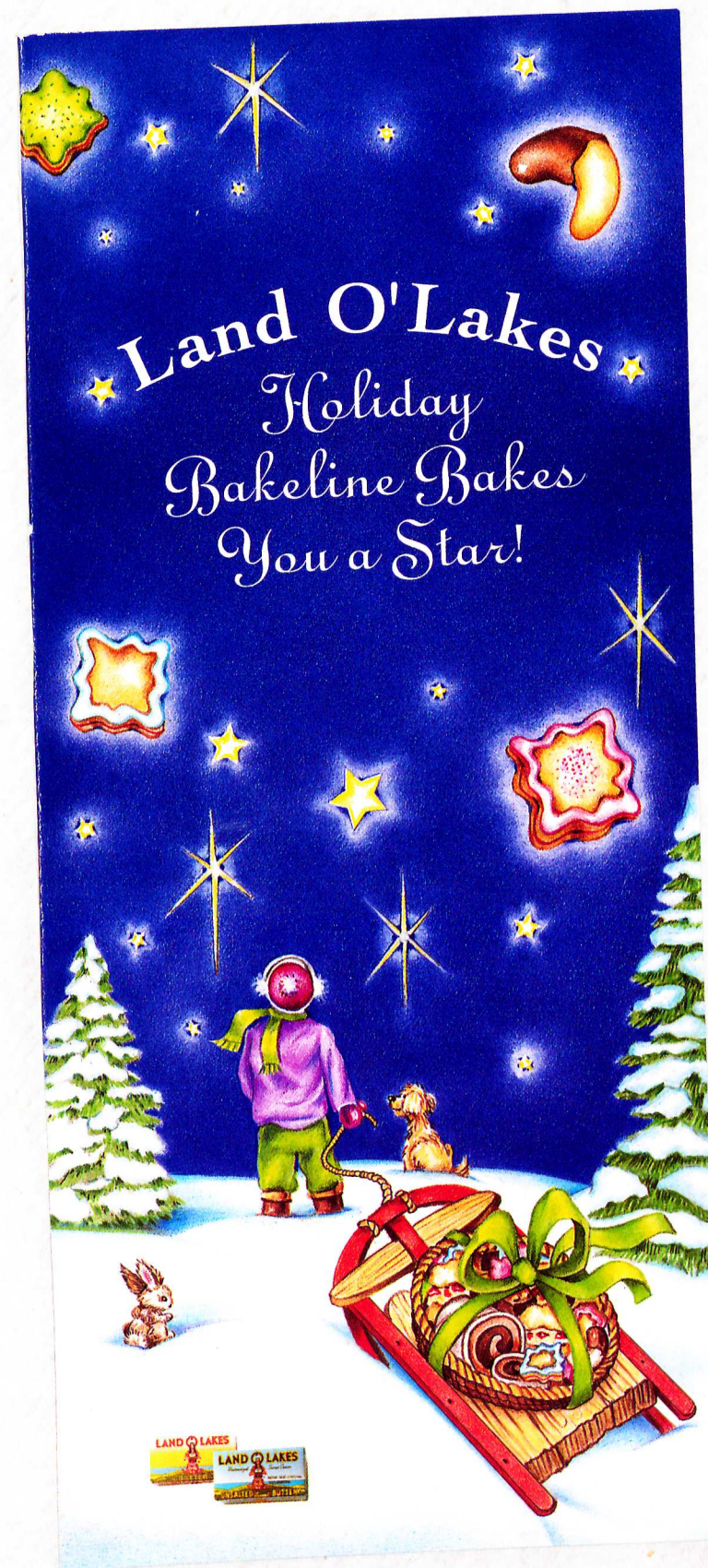
for credit, insurance, employment and other purposes allowed by the Fair Credit Reporting Act (FCRA), it is important that the information in your file is complete and accurate.

Some financial advisors suggest that you periodically review your credit report for inaccuracies or omissions. This could be especially important if you are considering making a major purchase, such as buying a home. Checking in advance on the accuracy of information in your credit file could speed the credit granting process.

If you have been denied credit, insurance or employment because of information supplied by a credit bureau, the FCRA says the company you applied to must give you the credit bureau's name, address, and telephone number. If you contact the agency for a copy of your report within 60 days of receiving a denial notice, the report is free. In addition, you are entitled to one free copy of your report a year if you can

prove that you are unemployed and plan to look for a job within 60 days, or you are on welfare, or your report is inaccurate because of fraud. Otherwise, a credit reporting agency may charge you \$8 for a copy of your report.

Once you receive the report, study it carefully for accuracy. The report will come with detailed, easy to follow directions on how to interpret the information. After you are sure the information is accurate, review the report to make sure you are aware of all accounts that are still active. Close those you no longer use or need. Just because you stop using a credit card does not close the account. If you do not need the account, call or write the company to close it. Having too much available credit can be a negative in some instances. For example, if you apply for a mortgage, the lending institution may be just as interested in the amount of money already approved and not used as they are in the amount you have borrowed and repaid. □



STAR-LIGHT STAR-BRIGHT CUT-OUTS

Jam filled cut-out cookies will be the highlight of your holiday cookie tray.

*Preparation time: 1 hour • Chilling time: 1 hour
Baking time: 7 minutes*

COOKIES	$\frac{1}{4}$ teaspoon salt
$\frac{2}{3}$ cup LAND O LAKES® Butter, softened	$\frac{1}{2}$ cup your favorite jam
1 (3-ounce) package cream cheese, softened	FROSTING
1 cup sugar	2 cups powdered sugar
1 egg	$\frac{1}{4}$ cup LAND O LAKES® Butter, softened
1 teaspoon grated lemon peel	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon lemon juice	2 to 3 tablespoons milk
$2\frac{1}{4}$ cups all-purpose flour	Food coloring
$\frac{1}{2}$ teaspoon baking soda	Colored sugars and decorator candies

In large mixer bowl combine butter and cream cheese. Beat at medium speed, scraping bowl often, until creamy (1 to 2 minutes). Add sugar, egg, lemon peel and lemon juice; continue beating until well mixed. Reduce speed to low; add flour, baking soda and salt. Beat until well mixed (1 to 2 minutes). Divide dough in half; shape into balls. Flatten each ball slightly. Wrap in plastic food wrap; refrigerate 1 hour.

Heat oven to 350°. On floured surface roll out one-half of dough, (keeping remaining dough refrigerated), to $\frac{1}{8}$ -inch thickness. Cut with 2 to 3-inch cookie cutters. Place cut-outs 2 inches apart on cookie sheets. Place $\frac{1}{4}$ *teaspoon* jam in center of each cut-out; spread slightly. Top with another cookie cut-out. Gently press edges to seal.

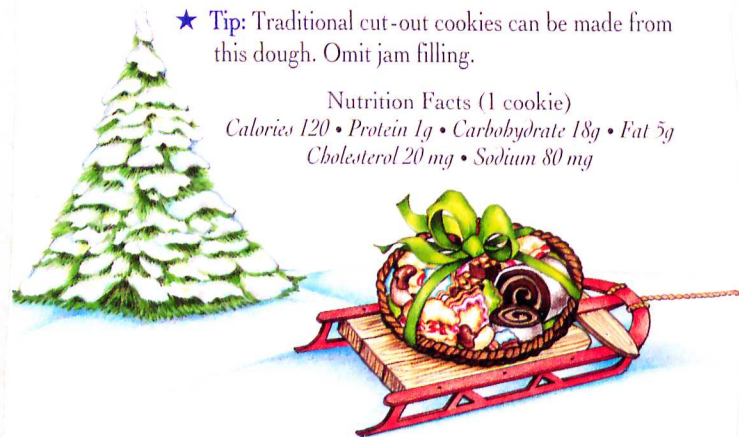
Bake for 7 to 10 minutes or until edges are lightly browned. Cool 1 minute before removing cookies from sheet. Cool completely.

In small mixer bowl combine butter, powdered sugar and vanilla. Beat at low speed, adding enough milk for desired spreading consistency. If desired, tint frosting with food coloring; frost and decorate cookies. *5 $\frac{1}{2}$ dozen cookies*

★ Tip: Store between sheets of waxed paper in covered containers.

★ Tip: Traditional cut-out cookies can be made from this dough. Omit jam filling.

Nutrition Facts (1 cookie)
Calories 120 • Protein 1g • Carbohydrate 18g • Fat 5g
Cholesterol 20 mg • Sodium 80 mg



HEAVENLY TOFFEE CHIP FUDGE

The best of two all-time favorite candies. The sweet crunch of toffee smothered in the creaminess of rich fudge.

*Preparation time: 10 minutes • Microwaving time: 1 minute 30 seconds
Chilling time: 1 hour*

FUDGE	3 cups powdered sugar
$\frac{1}{2}$ cup LAND O LAKES® Butter	1 teaspoon vanilla
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ cup toffee chips*
1 (6-ounce) package (1 cup) semi-sweet real chocolate chips	TOPPING
	2 tablespoons toffee chips*

In large microwave-safe mixer bowl combine butter, milk and chocolate chips. Microwave on HIGH for $1\frac{1}{2}$ to 2 minutes or until butter and chocolate chips are melted. Stir in powdered sugar and vanilla; beat at medium speed, scraping bowl often, until smooth (2 to 3 minutes).

By hand, stir in $\frac{1}{2}$ *cup* toffee chips. Spread in buttered 8-inch square baking pan. Sprinkle *2 tablespoons* toffee chips over top; gently press into fudge.

Cover; refrigerate until firm (1 to $1\frac{1}{2}$ hours). Cut into squares. Store refrigerated in airtight container. *3 dozen*

* *Chocolate-coated and plain toffee chips are available in the baking section.*

Store-Top Directions: In 2-quart saucepan combine butter, milk and chocolate chips. Cook over low heat, stirring occasionally, until butter and chocolate chips are melted (5 to 10 minutes). Place chocolate mixture in large mixer bowl. Stir in powdered sugar and vanilla. Continue as directed above.

★ Tip: For easy cutting, line pan with aluminum foil, extending foil over sides of pan; butter foil. To serve, lift foil and fudge out of pan; cut into squares. Place squares in paper candy cups.

Nutrition Facts (1 piece)
Calories 110 • Protein 0g • Carbohydrate 16g • Fat 5g
Cholesterol 10 mg • Sodium 45 mg



FEEDING YOUR FEATHERED FRIENDS



Compliments of

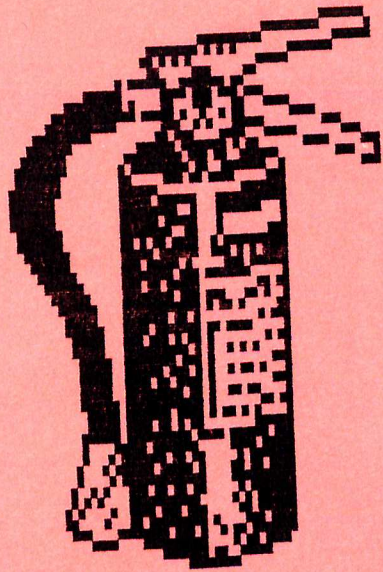


Bird Species That Will Be Attracted To Your Feeders	Foods They Prefer	Other Foods They Will Eat	Seasons They Will Visit	Feeder They Prefer
Cardinal	Sunflower	Safflower	 Except Western U.S.	Hanging Feeder
Chickadees	Sunflower	Safflower, Suet	 Except Southwestern U.S.	Hanging Feeder Suet Feeder
Evening Grosbeak	Sunflower	Safflower, Millet	All Year W. & N. U.S. North to Mid-South	Hanging Feeder
Fox Sparrow	Wheat, Milo	Millet, Sunflower	North, Migrate In Central South	Tray Feeder Near Ground
Goldfinch	Sunflower	Thistle, Millet	 Far N.-Summer, Lower S.-Winter	Hanging Feeder
House Finch	Sunflower	Thistle, Millet	 Except in Ctr. U.S. & Lower S.	Hanging Feeder
Hummingbird	Natural Springs Nectar	Sugar Water	Year-round in extreme S. U.S.	Hanging Nectar Feeder
Blue Jay	Sunflower	Milo, Wheat	 Except Western U.S.	Tray Feeder Near Ground
Dark-Eyed Junco	Millet, Milo	Sunflower	Year-round in extreme N. U.S. & Western U.S.	Tray Feeder Near Ground
Mourning Dove	Milo	Wheat, Millet	 Summer in extreme N. U.S.	Tray Feeder Near Ground
Nuthatches	Sunflower	Suet, Safflower		Hanging Feeder Suet Feeder
Pine Siskin	Sunflower	Thistle	Year-round in Western U.S.	Hanging Feeder
Purple Finch	Sunflower	Thistle	Year-round in extreme N. & Pacific coast	Hanging Feeder
Red-Winged Blackbird	Sunflower	Millet	 Summer in extreme N. U.S.	Tray Feeder Near Ground
Rose-Breasted Grosbeak	Sunflower		In N.E. To Mid-South U.S.	Hanging Feeder
Song Sparrow	Millet, Milo	Wheat	 Winter in S./Summer in extreme N.	Tray Feeder Near Ground
Tufted Titmouse	Sunflower	Safflower, Suet	 In Eastern & Central U.S.	Hanging Feeder Suet Feeder
American Tree Sparrow	Millet	Sunflower, Wheat, Milo	Except in West & extreme South	Hanging Feeder Tray Feeder
White-Throated Sparrow	Millet	Wheat, Milo	All year: Pacific coast, Summer N.W., Winter E., Mid S., Lower West	Tray Feeder Near Ground



Other birds that will visit your feeders are: Warblers, Wrens, Blackbirds, Grackles, Starlings, Woodpeckers and Cowbirds.
NOTE: The above chart is a general guide only. The feeding habits of birds will vary by region, season, and individual.

THANK



YOU

The Sugar Grove Rescue Squad
acknowledges with deep appreciation
your most generous contribution.
Your continued support will assure
our services to the community.

COUNTRY HOME
from Cedar Works

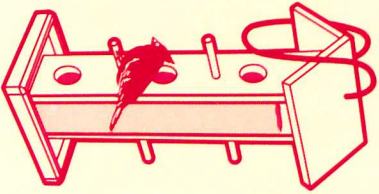
Wild Bird Care Products

- Premium Aromatic Red Cedar
- Naturally Weather Resistant
- Environmentally Sound



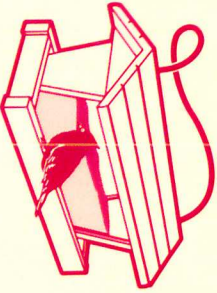
CedarChalet Plus

- Large Capacity Bird Feeder - Model DF
- Rugged poly rope for hanging
- Easy-fill hinged roof
- Suet feeders on each end
- Prefilled for post mounting
- Extra large 14 lb. seed capacity



CedarTower

- Bird Feeder - Model TF
- Rugged poly rope for hanging
- Easy-fill lift off roof
- Durable hardwood perches
- Ideal for small birds
- 2 lb. seed capacity



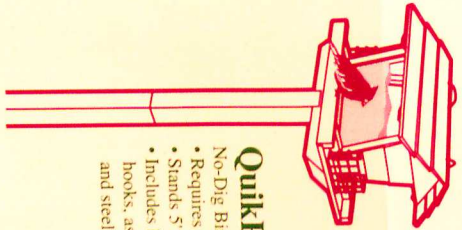
CedarChalet

- Bird Feeder - Model CF
- Rugged poly rope for hanging
- Easy-fill hinged roof
- Suet feeders on each end
- Prefilled for post mounting
- Large 7 lb. seed capacity



CedarFeeder

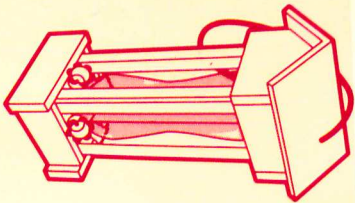
- Bird Feeder - Model EF6
- Rugged poly rope for hanging
- Easy-fill lift off roof
- Ideal starter feeder
- 3 lb. seed capacity



(Bird feeder purchased separately)

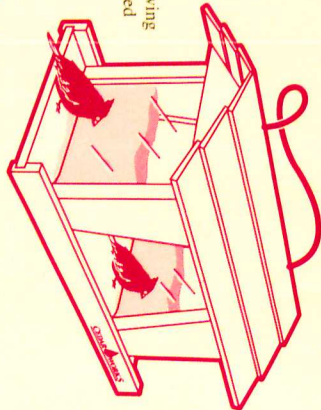
QuikPole

- No-Dig Bird Feeder Post - Model FP
- Requires no digging or concrete
- Stands 5' high
- Includes bird feeder hanging hooks, assembly hardware and steel support stake



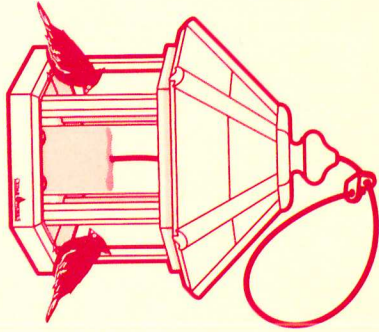
Hummingbird Feeder

- Model HF6
- Rugged poly rope for hanging
- Easy-fill lift off roof
- Plastic nectar bottle
- Four feeding stations



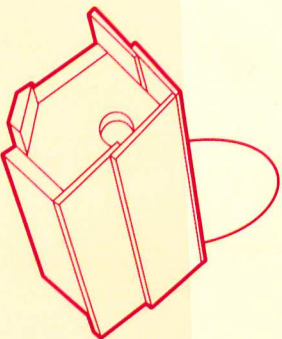
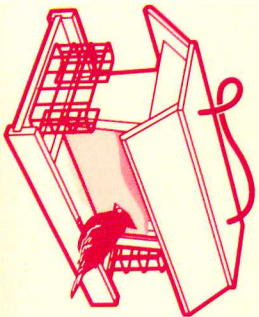
CedarGazebo

- Bird Feeder - Model B118
- Rugged poly rope for hanging
- Hang or pole-mount design
- Easy-fill lift off roof
- 6 sided gazebo style
- 3 lb. seed capacity



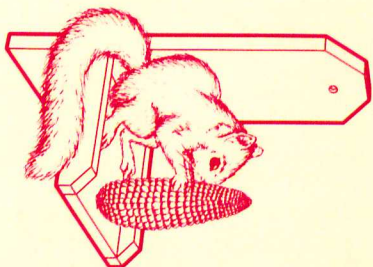
CedarRanch

- Bird Feeder - Model B116
- Rugged poly rope for hanging
- Easy-fill lift off roof
- Suet feeders on each end
- 4 lb. seed capacity



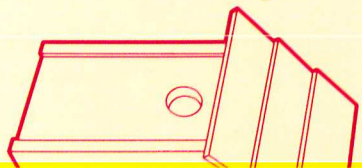
CedarNest

- Bird House - Model BH4
- Ideal for bluebirds and other small birds
- Prefilled mounting holes - includes screws
- Hinged front for easy clean-out
- Built-in ladder helps young leave nest
- Naturally repels parasites



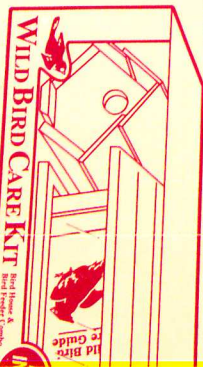
Squirrel Feeder

- Model SF6
- Prefilled mounting holes
- Threaded spike holds corn



Wild Bird Care Kit

- Model EPWH
- Complete, All-In-One Kit includes: CedarHouse bird house CedarFeeder bird feeder Wild Bird Care Guide Starter bag bird seed



Hummingbird Care Kit

- Model HFCK
- Complete, All-In-One Kit includes: Hummingbird feeder Hummingbird nectar Hummingbird Care Guide



 The Sugar Grove
Vol. Fire Dept. 

would like to thank
you for your donation
of \$ 25.00 for the
purchase of supplies
and equipment.

THANK YOU

SGVFD Treasurer
William J. Choate

 William J. Choate 

The Sugar Grove Rescue Squad
acknowledges with deep appreciation
your most generous contribution.
Your continued support will assure
our services to the community.

Getting ready now for winter

What do I need to do to get ready for winter?

This topic came up in a discussion recently during a conversation about one county's fall clean-up program. Fall is a good time to stop and think about all those things that need to be done now to make your life easier once the really cold weather gets here and the snow starts to fall.

I once heard someone say that seasonal cleaning at her house consisted of moving stuff from one corner to another in the spring and then moving it back in the fall. If you are just cleaning stuff that you are not using, ask yourself if the work involved in moving clutter around is worth the time you spend on it. If you are not using it, why not get rid of it?

Many localities have a fall clean up campaign when you can get rid of large or bulky items that are not working or not needed. Check to see if this service is available to you. Nothing makes you feel better than

EXTENSION ANSWERS

LINDA CHILDERS

to clean up a mess or get rid of trash.

Another job you may need to do before the temperatures get really cold is to get those furnace or vent filters changed or cleaned.

If you use a wood burning stove or fireplace, make an appointment now to have your chimney checked and cleaned. If you wait until you start to use the stove or fireplace, you probably won't let the fire go out long enough to have the chimney checked. Then when spring comes you won't think it is important and you will find yourself in the same situation next year.

Another job that will not take too long if you get on it now is to get

your storm windows installed. Check screens and storms and make sure they are in good condition; repair or replace as necessary.

Is your car ready for the winter? You do not want to worry the first night of a big freeze if the car will start the next morning, or wonder if your tires will get you home when you get caught out in a heavy snow.

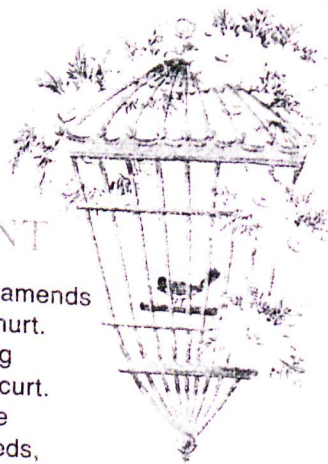
One last reminder is to check your smoke detector. Remember the national campaign to check smoke detectors twice a year, once in the fall when the time changes and again in the spring when it changes back. □



YESTERDAYS

Don't look back to yesterday
For yesterdays are gone
Look to today with a peaceful heart
As each moment you carry on.
Take God's hand as He leads you
On this day you start anew
Walk with Him and talk with Him
He wants to be with you.

Don't look back to yesterday
For yesterdays have past
Look to today with a peaceful mind
With a spiritual thought to last.
Follow God as He takes you
Through each moment one by one
Pray to Him and say to Him
"Lord," let "Thy Will be done".



ATONEMENT

Help me, Lord, to make amends
To those I may have hurt.
So often without thinking
Remarks I make are curt.
Teach me to be sensitive
To other persons' needs,
That I may speak with kindness
And follow with this creed.

Helen Parker



Joy and Nell checking out
the check book



Gayla showing a craft
at april meeting



action at fire hall



meeting at adwolfe



fire dept carinvial



auction at adwolfe
fire hall



peggy at club meeting



Joy and Eva at
our Valentine lunch

Today is a Gift
 Today is a gift:
 A package filled with time,
 Beauty, and love.
 Inside are thousands of seconds
 Waiting to be shared
 With family, friends,
 Co-workers, one's self.
 Today is a gift
 Filled with sunshine,
 Smiles from strangers,
 Tears of goodbye, and
 Touches of love.
 Today is a gift freely given
 To you and to me
 With no conditions,
 Only that we cherish
 And use it well.
 Until we meet again.